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ABSTRACT

This booklet lists 645 books, articles, curriculum materials, computer software, and videos that educational professionals can use to develop programs for single parents (especially teen parents). Many of the listings are annotated; all contain information on author, title, publisher name and city, and date of publication or production. The listings are organized in the following 11 categories: (1) career development; (2) education for employment; (3) equity issues and sex role stereotyping; (4) health and wellness (contraception; drugs, alcohol, and tobacco; healthy baby and child; pregnancy prevention; sexual harassment; sexually transmitted diseases; and stress management); (5) learning skills; (6) life skills management; (7) mentoring; (8) parenting and child development; (9) self-esteem; (10) teen parent advocacy and program design; and (11) teen parenting. (KC)

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BUILDING BLOCKS

An Annotated Bibliography for Single Parent Programming

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BUILDING BLOCKS

An Annotated Bibliography for Single Parent Programming

Compiled by Cheryl Wiley-Thomas

and

Edited and Formatted by Tamara Norden

of the

Center on Education and Work
School of Education
University of Wisconsin-Madison

— June 1992 —

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Acknowledgments

This Annotated Bibliography Resource Directory was developed to assist school districts, cooperative education service agencies (CESA) and community based organizations to plan for and provide services to the teen parent student. Input from Teen Parent Providers made it easier to develop this directory by being more specific in locating needed resources for individuals working with this special population.

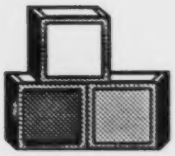
I would like to acknowledge the support of Herbert J. Grover, State Superintendent, Wisconsin Department of Public Instruction, Staff of the Bureau for Vocational Education and The Center on Education and Work, University of Wisconsin-Madison. Second, but equally important, are the contributions of the Carl Perkins funded Teen Single Parent Cadre Members who have participated in gathering and reviewing resources for the directory.

I also extend appreciation and a special thank you to the following people for their continued support: Monte K. Hottmann, Assistant State Superintendent; Linda L. Cate, Director, Bureau for Vocational Education; Roger Lambert, Associate Director, Center on Education and Work, University of Wisconsin-Madison; and Cheryl Wiley-Thomas, Coordinator Teen Single Parent Project, Center on Education and Work, University of Wisconsin-Madison.

It has been a pleasure to work with these staff members and the Teen Parent providers and Vocational Educators.

Eyvonne Crawford-Gray, Education Specialist
Teen Single Parent Program
Bureau for Vocational Education

This publication was funded by the Wisconsin Department of Public Instruction, Bureau for Vocational Education, under the Single Parent set-aside of the Carl Perkins Vocational and Applied Technology Education Act of 1990.



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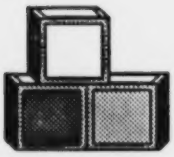


CAREER DEVELOPMENT

BOOKS AND ARTICLES

Barlow, Lawrence E. *How to Sell Your Self: The Job Seeker's Bible.* Lakeside, CA: Vocational and Career Assessment Publishing Division, 1981.

Chapters in this guide include knowing thyself, trick questions, questionable questions, and related topics on applying and interviewing for jobs.

Bissonnette-Lamendella, Denise, and Richard Pimentel. *Performance Based Placement Manual.* Northridge, CA: Milt Wright & Associates, 1984.

Educating individuals in job search skills and assisting them in obtaining suitable and gainful employment has made the role of the job developer increasingly important in the training and employment field. With the increasing need for the services of the job developer and the reduction of available funds for these services, the time pressures in this growing profession continue to multiply. This manual provides information and guidelines which the job developer can utilize for more effectively providing services to the applicant.

Bloch, Deborah P. *How To Make the Right Career Moves.* Lincolnwood, IL: VGM Career Horizons, 1990.

This self-assessment guide has two major sections: "Where I Am Today" and "Where Will I Be Tomorrow." Worksheets, checklists, and tips on using the book are included.

Bloomfield, William M. *Career Action Plan.* Bloomington, IL: Meridian Education Corporation, 1989.

This guide gives step-by-step exercises and activities for planning a student's career. Activities in the first part of the guide focus on the student's personality and his or her beliefs and values. Making decisions is the next part of the guide, followed by information on jobs and careers and an exercise for making a personal career plan.

Bolles, Richard N. *The Quick Job-Hunting Map, Advanced Version.* Berkeley, CA: Ten Speed Press, 1979.

By the author of the well-known guide What Color is Your Parachute?. *This quick reference guide offers skills assessment and job search advice.*

Burack, Elmer H., Maryann Albrecht, and Helene Seitler. *Growing — A Woman's Guide to Career Satisfaction.* Belmont, CA: Lifetime Learning Publications, 1980.

This publication is for women who do not know how to build a career, who know the direction of their career but need help getting there, or who like their career but want new ways of expressing themselves in their work.

Carney, Clarke G., and Cinda Field Wells. *Career Planning — Skills to Build Your Future.* Monterey, CA: Brooks/Cole Publishing Company, 1987.

This book integrates concepts of career and life planning. It offers practical strategies and self-guiding activities to help organize and carry out career goals; to anticipate and take advantage of change; to develop realistic strategies for locating and securing employment; to identify and evaluate your skills, preferences, values, and capabilities; and to learn how the world of work is organized. Through concepts of life planning, you can integrate your knowledge of yourself, others, and career information into realistic and satisfying career options; overcome beliefs and differences with others that impede effective career planning; and develop skills you can use across a lifetime of career decision making.

Future Influences on Vocational Education. Columbus, OH: Ohio State University, The National Center for Research in Vocational Education, Special Publication Series no. 46.

Haldane, Bernard, Jean Haldane, and Lowell Martin. *Job Power: The Young People's Job Finding Guide.*

Written especially for 16 - 21 year olds, this guide helps identify, test and prove the skills that the reader possesses.

Hendrickson, Henry. *Work Experience Handbook.* Madison WI: Wisconsin Department of Public Instruction, Bulletin No. 6423, 1986.

Work experience programs are a valuable component of our secondary schools. Direct community participation in public school instruction affords numerous hands-on and practical experiences for students with special needs. However, the complexity of this school/community relationship requires special school techniques and personnel preparation. This instructional manual has been designed to help work experience coordinators meet these diverse demands.

Kuenstler, Gail Baugher. *The Desk Guide to Training and Work Advisement.* Springfield, IL: Charles C. Thomas, 1988.

This book gives education and training requirements for major occupations at a variety of levels. Occupations are grouped under education categories such as biological sciences, manual arts, fine arts, business and communications.

Lazear, James W., and Dennis S. Lazear. *The Professional Job Seekers Handbook.* Milwaukee, WI: Tech/Date Publications, 1982.

This book is designed for the serious job-seeker. The authors advise a serious effort to "finding a job" since it "is one of the hardest jobs you will ever have." The workbook helps the job seeker move through the process and effectively find job openings.

Lindner, F. *Career Survival Kit for Teen Education and Employment: Staff User Guide for Teen Parent Program Planning and Implementation.* Madison, WI: Vocational Studies Center, University of Wisconsin, 1987.

Michelozzi, Betty Neville. *Coming Alive From Nine to Five: A Career Search Handbook.* Palo Alto, CA: Mayfield Publishing Co., 1980.

This book combines the various facets of choosing a career and searching for a job.

Mortier, Ann. *Curriculum Manual for Career Planning.* Appleton, WI: WisCom Curriculum System, Fox Valley Technical Institute.

This manual is designed to help high school students discover how to match their personal needs and expectations with satisfying career options. Career topics include personal assessment, occupational exploration, and goal-setting and decision-making skills. Individualized counseling and interest inventories are included.

Norwood, Vera. *How Women Find Jobs: A Guide for Workshop Leaders.* Newton, MA: Education Development Center, 1979.

Reading a book on job-seeking does not necessarily provide the emotional support and self-discipline that a job seeker may need. Job seekers as a group can provide this support, however. This manual has been developed with the group approach in mind.

Skills Training for Employment Potential. Lubbock, TX: Texas Tech University, College of Home Economics, 1986.

This manual is designed to assist career counselors in helping single parents and homemakers in rural economically depressed areas obtain marketable skills. The objectives of the manual are to: 1) explore and develop methods to provide skills training; 2) explore entrepreneurship ideas and develop skills that complement vocational aptitudes; 3) evaluate and select appropriate techniques for training; 4) develop training strategies for vocational assessment, career or job exploration, goal setting, resume writing, and job interviewing; 5) develop strategies for self-improvement; and 6) improve home management and child care skills.

Wisconsin Industry Projections to 2000. Madison, WI: Wisconsin Department of Industry, Labor & Human Relations, 1989.

This report provides information about trends that will have some impact on Wisconsin's economy. The report discusses trends concerning employment and unemployment levels, potential skills shortages, increases in an aging workforce and expanded participation of women in the work force. There are two conclusions from the report that are pertinent to young women. First, it will become important to encourage women to enter

traditionally male dominant fields like engineering. Second, more older women will be entering the work force than younger women. This means job training will focus on the adult worker.

Women on the Job: Careers in the Electronic Media. Washington, D.C.: Women's Bureau, U.S. Department of Labor, 1984.

CURRICULUM MATERIALS

Activities to Enhance "True Colors." Stevens Point, WI: Stevens Point Area Public Schools, 1990.

Classroom activities built on the "True Colors" curriculum. Activities start with self-esteem and progress toward career choices.

Bingham, M., and S. Stryker. *Career Choices: A Guide for Teens and Young Adults.* Santa Barbara, CA: Able Publishing, 1990.

This workbook is designed to help teenagers develop the skills necessary in making decisions about careers and about the future. The first section of the book works toward helping the teen discover her goals and dreams while the second section focuses on making lifestyle and career decisions. In the third section, practical advice is given on how to start planning a career. For example, this section provides information on job interviews, resumes and job searches. Throughout the book, emphasis is given to the consequences of teenage pregnancy and parenting, dropping out of school and drug use.

Bloomfield, William M. *Career Action Plan.* Bloomington, IL: Meridian Education Corporation, 1989.

Girls Club of Santa Barbara. *Choices, Challenges, Changes and More Choices: Course Personal Planning and Self-awareness.* Advocacy Press. $12.95-15.95 each.

A series of workbooks developed to promote career education for young women (Choices), *and expanded to include young men* (Challenges). Changes *includes adult women and can be used with* Choices *in a mother-daughter program.* More Choices *builds on the topics of the other three books and provides information on career and life planning, both males and females. Focus on personal values, career exploration, responsibilities of parenthood, etc. Each workbook is available in hard or soft cover. An Instructor's Guide provides information on facilitating the groups independently or in the combinations indicated above. Each book is approximately 225 pages. Soft or hard cover workbook format.*

The Job World Workbook. Frankfort, KY: Education Associates, Inc., 1987.

Focuses on the process of determining life and employment goals, and getting and keeping a job.

Sander, J.S. *The Nuts and Bolts of NTO: How to Help Women Enter Non-Traditional Occupations.* Metuchen, NJ: The Scarecrow Press, Inc. 1986.

This book is about programs designed to help women enter non-traditional occupations. Based on the work and experience of hundreds of women, this book provides guidelines for planning and evaluating a non-traditional occupation program. Strategies and techniques are given to deal with potential problems in the following areas: coordinating resources, recruitment and outreach, career exploration, home and school obstacles, and job placement. Some emphasis is given to the recruitment of women of color. Also included in the book is a listing of national resource organizations that can provide information and assistance about non-traditional occupations for women.

Whipple, Vicky. *Career Orientation and Preparation for Teen Parents Curriculum.* Springfield, IL: Illinois State Board of Education, Springfield Department of Adult, Vocational and Technical Education, 1987.

SOFTWARE

Entrevista De Trabaio Exitosa. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

This program is designed to help students improve job interviewing skills and better understand the interview process. The interactive nature of this program encourages students to give serious, considered responses, which innovative program graphics help to elicit. Reading level, grades 3-4. Interest level, grade 9 to adult.

Filling Out Job Applications. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

This program takes students through the process of filling out their own application forms. Typical questions on application forms are presented and explained. Reading level, grades 3-4.

Setting Career Goals the Micro Software Way. Career Development Software, Inc., 207 Evergreen Drive, Vancouver, WA 98661.

This microcomputer version of the video program helps those students who have identified their career interests answer the question, "What next?." Students explore such topics as: defining and identifying goals, goal and task oriented behavior, why it is important to set goals, implementing goals, and developing an individual career plan. At the conclusion of this program students will be able to identify their major career goals, define three objectives they need to establish to reach their career goals, identify the cost in terms of time and money and identify the major risks involved in reaching their goals.

Skills for Successful Test Taking. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI, 49007. (800)421-4157, (616)345-8681.

Prepare for achievement tests and entrance exams with this prescriptive instructional program. The pre-test based on standard test items determines which instructional segments the student sees and what information is presented. Reading level, grades 5-6. Interest level, grades 7-adult.

VIDEOS

Allied Health Fields. Boulder, CO: Career Passports, Inc., 1986.

Breaking Out: Career Choices for Teen Parents (17 minutes). Vocational Studies Center, University of Wisconsin-Madison, 1025 West Johnson Street, Madison, WI 53706. (608)263-3152.

The video shows former teenage parents in nontraditional occupations, teens currently parenting and in school, and women in nontraditional jobs. The video provides positive role models of women in nontraditional/higher wage occupations and shows successful parents as teens and adults.

Four Women: Women and the Professions (30 minutes). National Asian American Telecommunications Association, Cross Current Media, 346 Ninth Street, 2nd floor, San Francisco, CA 94103.

From the With Silk Wings *series. These are the stories of four women who touch the lives of Asians and non-Asians alike. Heidi is a community social worker; Sara is a tenured professor and practicing architect; Shirley directs a community health clinic; Pat is a union business agent.*

Interviewing for a Job. Cambridge Career Products.

Job Interview Skills. Pleasantville, NY: Sunburst, 1981.

Job Search Strategies. Lake Zurich, IL: Learning Seed, 1991.

Jobs of the 1990's: What You Should Know 1 to 3, 4 to 6. Mount Kisco, NY: Guidance Associates.

Mathematics At Work in Society: Opening Career Doors. Washington, D.C.: The Mathematical Association of America, 1981.

Designed to increase awareness about the relation between mathematics and careers for students of grade 8 and above. Mathematics as applied to farming, fine arts, transportation, construction and energy are among the topics in this booklet.

On the Job Survival Skills. Pleasantville, NY: Pleasantville Media, 1982.

Planning Thru Career Exploration. Bloomington, IL: Meridian Education Corporation.

Retailing. New York, NY: Career Building, 1985.

Ready, Willing and Able...To Be Employed (30 minutes). Vocational Studies Center, 964 Educational Sciences Building, 1025 W. Johnson Street, Madison, WI 53706. (608)263-3152.

This film offers advice on job searching from the perspective of a disabled woman. Telling an employer about your disability, searching for a job, preparing your resume, interviewing, and protecting your rights as a disabled woman are among the features in the film.

Ready, Willing and Able...To Be Independent (30 minutes). Vocational Studies Center, 964 Educational Sciences Building, 1025 W. Johnson Street, Madison, WI 53706. (608)263-3152.

Covers career assessment, work values, personality profiles, job opportunities, nontraditional careers, exploring jobs, education and training, setting goals and making decisions from the perspectives of women who have achieved success with these processes.

Ready, Willing and Able...To Be Me (30 minutes). Vocational Studies Center, 964 Educational Sciences Building, 1025 W. Johnson Street, Madison, WI 53706. (608)263-3152.

Learning coping skills, building support systems and working on personal growth are topics in the film. Self esteem, values clarification, sexuality, marriage, family, assertiveness and rights of the disabled are illustrated through real life situations. With the film is a workbook for students/clients and a teacher/trainer handbook.

Self-Image and Your Career. Pleasantville, NY: Pleasantville Media, 1988.

Stepping Out?...Stepping In. Vocational Studies Center, Publications Unit, 964 Educational Sciences Building, 1025 W. Johnson Street, Madison, WI 53706. (608)263-3152.

A woman who enters a non-traditional career may experience it as an enormous change. This film addresses the woman contemplating a non-traditional career and the facilitator who is guiding her. Stepping Out *deals with the joys and pains of "stepping out" from the perspective of a teacher turned welder. Provides insight into what to expect when making this type of change.* Stepping In *explains the need to get ready — physically, emotionally, mentally — before stepping into occupations where men predominate, and tells how to go about it.*

Trade Secrets: Blue Collar Women Speak Out (23 minutes). Women Make Movies, Inc., 225 Lafayette Street, Suite 211, New York, NY 10012. (212)925-0606.

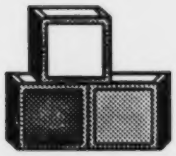
Ironworker, welder, sprinkler fitter, electrician: four women reveal how their lives changed when they stepped into the traditionally male world of skilled crafts. With their coworkers and families, at work and at home, they tell how they overcame the physical

and personal obstacles to find satisfaction in their trades, greater financial power, and most of all, a new sense of identity as journeywomen. Perfect as a training tape or in the general study of labor issues.

Your Future in Art. (800)592-0700.

Your Future in Fashion. (800)592-0900.

Your Job: Now It's Up To You. Frankfort, KY: Education Association, Inc.



EDUCATION FOR EMPLOYMENT

BOOKS AND ARTICLES

Douglas, Martha C. *Go For It: How To Get Your First Good Job.* San Francisco, CA: Chronicle Books, 1979.

This career-planning guide includes many examples from the experiences of teenagers. In addition to strategies for finding a job, the book offers advice on deciding on a career, deciding on college and situations occurring on the job.

Seven Steps to Employment. Frankfort, KY: EAI, 1983.

A booklet on the steps to prepare and look for a job.

Sherman, Susan. *Education for Tomorrow's Jobs.* Washington, D.C.: National Academy of Science, September 1983.

Starting Out...A Job-Finding Handbook for Teen Parents. Albuquerque, NM: Vocational-Technical and Adult Education, University of New Mexico, 1986.

Includes advice on work permits, social security, and W-4 forms. It also addresses the basics of budgeting, choosing a first home and day care.

CURRICULUM MATERIALS

Farr, J. Michael. *Job Finding Fast.* Mission Hills, CA: Glencoe Publishing Company, 1988.

This guide offers a comprehensive career planning and job seeking curriculum. The curriculum includes an instructor's book, student book and a videotape on the seven phases of a job interview.

Fisher, Patricia A. *Steppin' Up and Moving On: A Career Education Program for the Urban, Noncollege-Bound Student.* Newton, MA: Women's Educational Equity Act Publishing Center, 1982. $4.25.

Developed as a guidance and counseling program to increase the educational and career awareness of Black, urban, non-college bound, female high school students who are doubly hampered by racism and sexism. The program consists of ten 3-hour sessions in four separate but dependent components including: 1) Individual Assessment — awareness of values, attitudes, aptitudes, skills, goals and aspirations; 2) Education and

Career Information — adult educational activities, nontraditional education and employment, apprenticeships and on-the-job training programs; 3) Skill-building Exercises — resumes, job interviews; and 4) Integrated Experience — exploration with self, peers and others to bring concepts home to the individual. Instructions for facilitators are brief. 97 pages. Softbound workbook format.

Glossen, Linda R., and Jacque R. Lytle. *Pregnant And Parenting Adolescents: Alternatives for Developing School-Based Programs and Services.* Lubbock, TX: Department of Occupational Education and Technology, Texas Education Agency, and Home Economics Curriculum Center and Home Economics Education, College of Home Economics, Texas Tech University, 1986.

Hanberry, G.C., and M.B. Young. *Vocational Education Serving the Limited English Proficient: A Resource Guide for State Interagency Planning and Coordination.* Arlington, VA: Development Associates, Inc., 1988.

Hopkins-Best, M., S. Murphy, and A. Yurcisin. *Reaching the Hidden Majority: A Leader's Guide to Career Preparation for Disabled Women and Girls.* Cranston, RI: The Carroll Press, 1988.

This handbook is designed to provide career education training for differently-abled women, specifically in secondary and post-secondary educational settings. Training activities cover the following areas: career stereotypes, legal rights, assessment of career potential, assertiveness, non-traditional careers, career barriers, finding employment and balancing personal and professional roles. The handbook also includes guidelines necessary for implementing the training program, evaluation procedures and an annotated bibliography for related sources.

Nebraska Commission on the Status of Women. *Whole Person Book: Toward Self-Discovery and Life Options.* Newton, MA: Women's Educational Equity Act Publishing Center, 1979. $8.00.

Developed to provide nonstereotyped approaches to career education and to increase student awareness of decision-making strategies, integrating Title IX concepts. Divided into 3 sections: 1) Self-exploration — values, interests and talents, 2) Decision-making — various methods, recognition of outcome, and practice, and 3) Life Planning — matching personal talents with occupational skills and researching career and educational alternatives. Can be adapted for use for students, parents, school staff and school board. For use by males and females. 243 pages. Looseleaf format.

SOFTWARE

Job Attitudes: Assessment and Improvement. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

This program stresses the importance of understanding and developing attitudes necessary for success in the workplace. The desirable attitudes, motivation, cooperation, responsibility, and confidence are interactively presented. Examples used are ideal for

students preparing themselves for today's job market. Reading level, grades 3-4. Interest level, grade 9 to adult.

Job Readiness Series. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

This four-program package can help students develop the skills necessary to gain employment. The package includes programs that help students assess and improve job-related attitudes, understand the steps of successful interviewing, properly complete a job application and design a resume. Reading level, grades 3-4. Interest level, grade 9 to adult.

Resumes Made Easy. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, Ml, 49007. (800)421-4157, (616)345-8681.

This program uses a conversational style to motivate students to think about and develop their resumes. Information given by the student during the running of the program automatically creates a functional or chronological resume. A printout is available at the end of the program. Reading level, grades 3-4. Interest level, grade 9 to adult.

Study Skills & Job Success Software Package. Career Development Software, Inc., 207 Evergreen Drive, Vancouver, WA 98661.

A practical, skill oriented software package that answers the question often posed by students: what good is school? The package contains two program disks: Why Stay in School? *and* Study and Work Habits.

Successful Job Interviewing. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI, 49007. (800)421-4157, (616)345-8681.

Students can improve their job interviewing skills and better understand the interviewing process with this interactive program. The program illustrates the importance of preparing for the interview, appropriate conduct during the interview, and the proper follow-up procedure. Reading level, grades 3-4. Interest level, grade 9 to adult.

VIDEOS

The Job Interview (11 minutes). Beverly Burh, 413 S. Brearly Street, Madison, WI 53703. (608)251-4864.

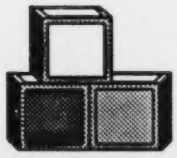
This film grew out of a desire to present firefighting jobs from a new perspective. Women considering firefighting jobs are often told, in many ways, that men "naturally" make better firefighters. The author of this script, who spent more than ten years in the fire service, believes that an equally valid case can be made for women having the "natural" advantage as firefighters. Within the interview format of this film, the tables are turned: male applicants for firefighters are interviewed by females. The terms "boy," "male," and "gentleman" are substituted for "girl," "female," and "lady," the terms often used in real life instead of "woman."

Study Skills & Job Success Video Package. Career Development Software, Inc., 207 Evergreen Drive, Vancouver, WA 98661.

Part One of this video package, Why Stay In School, *dramatizes the close link between work and school, between school and job performance, and between school and work success. Part Two,* Study and Work Habits, *compares academic habits with those needed for success on the job.*

Think Again. Rural Alternatives Institute, Box 163, Huron, SD 57350. $75.00 on cassette, $300 for 16 mm version.

Focusing on drop-out prevention for girls, this video is a series of interviews with girls who have or had dropped out of high school. It shows their current lifestyles, some as mothers and some as menial laborers, and explores their reasons for dropping out and for wanting to continue their education. Recommended for junior and senior high school girls, this video vividly depicts the consequences for the girls of not completing their education and the difficulties of making up for that loss.



EQUITY ISSUES & SEX ROLE STEREOTYPING

BOOKS AND ARTICLES

Beating the Numbers: A Woman's Math Careers Program Handbook. Newton, MA: US Education Dept., Education Development Center, 1980.

Subtle discrimination in education has resulted from stereotyped assumptions about appropriate study areas for men and women. As a result, many women have not pursued important basic studies in mathematics and have been unable to compete in a job market where mathematical skills are the key factor in an increasing number of occupational areas. This publication covers the development of a program aimed at helping undereducated and underemployed women overcome mathematical deficiencies.

Bergstrom, S., and L. Cruz, eds. *Counseling Lesbian and Gay Male Youth: Their Special Lives/Special Needs.* New York, NY: National Network of Runaway and Youth Services, Inc, 1983.

This book is an anthology on the issues of adolescent homosexuality. Its purpose is to enlighten professionals working in youth services agencies about the needs of lesbians and gay teenagers. Some of the works in the book focus on the following issues: stereotypes, the family and the "coming out" process, social services, rural communities, sex roles and cultural sensitivity.

Boyer, James. "The Other Side of Gender Equity: Black Males in America." Kansas State University, College of Education, 1988.

Brown, Thomas J. *Teaching Minorities More Effectively: A Model for Educators.* Lanham, MD: University Press of America, Inc., 1986.

Burden, D., and N. Gottlieb, eds. *The Woman Client Providing Human Services in a Changing World.* New York, NY: Tavistock Publications, 1987.

Designed for social workers and other mental health professionals who are treating women, this book covers the core curriculum for social work programs, intervention strategies for direct and indirect services; areas such as health, mental health, alcohol and drugs, and the criminal justice system; and specific population groups such as the adolescent, women in the new family, and older women.

Clark, Reginald. *Family Life and School Achievement: Why Poor Black Children Succeed or Fail.* Chicago, IL: University of Chicago, 1986.

Cockburn, Cynthia. *In the Way of Women: Men's Resistance to Sex Equality in Organizations.* Ithaca, NY: ILR Press, 1991.

The research on which this book is based evaluates the efforts of men, something helping, more often diverting and resisting, feminist change in four large organizations. It reveals a struggle over the equality agenda: is it about sharing power or changing power? It shows how women as a sex, but also black people, lesbian and gays, and people with disabilities are compelled to hide their 'difference' if they wish to claim a right to equality. From these experiences, the author draws lessons for alliances that might end the white male monoculture of power and make organizations more democratic and responsible.

Cotera, M.P., and N. Cunningham. *Multicultural Women's Sourcebook: Materials Guide For Use in Women's Studies and Bilingual Multicultural Programs.* Austin, TX: U.S. Department of Education, 1982.

This sourcebook provides listings and brief descriptions of literature on women of different colors, cultures and backgrounds in the United States. The materials are broken down into a general multicultural/multiethnic category as well as specific race and ethnic groups. The book is specifically designed to provide information for an academic setting.

Expanding Adolescent Role Expectations. Ithaca, NY: Community Service Education Department, 1978.

This source book deals with how and why roles are changing, how sex stereotyping affects roles, and how vocational educators can help adolescents overcome the limitations of sex role stereotyping in their career and family expectations.

Gardner, M. "Why Janie Can't (Or Won't) Add." *The Christian Science Monitor,* 1986.

This two-page article discusses some of the reasons why young women have less interest than young men in math and science. The article offers some suggestions to encourage young women in these areas. Reference is also made to the deficiency of minority students in these fields, particularly minority women.

Gilligan, Carol. *In a Different Voice.* Cambridge, MA: Harvard University Press, 1982.

Gutek, B. and L. Larwood. *Women's Career Development.* Newbury Park, CA: SAGE, 1987.

This book includes theoretical and empirical research on women's career development and analyzes a sample of female professionals in relation to gender. Among the empirical studies are two with competing theories about role conflict and role accumulation. The last chapter highlights the concepts applicable to women's career development, including career preparation, the opportunities available in society, the influence of marriage, the influence of pregnancy and children, and timing and age.

Hard Hats, Boots and Goggles — Jobs that Pay. Kalamazoo, MI: Center for Women's Services, Western Michigan University, July 1986.

This book portrays women who have chosen jobs traditionally held by men. The four sections of the book include profiles of ten women in nontraditional jobs, a discussion of the benefits of non-traditional jobs for women, lists of nontraditional jobs, and resources for counselors and employers.

Jackson, Stanlie. *Minority Woman's Survival Kit.* Newton, MA: Women's Education Equity Act Publishing Center, Education Development Center, 1982.

The Minority Woman's Survival Kit is a four-session (10-hour) workshop to assist the minority woman in achieving more meaningful employment. Minority women have been at least partially excluded from the benefits of the civil rights and the women's movements, despite the changes these movements have wrought. This workshop is a tool for the minority woman to assess her personal worth, skills and abilities; evaluate the realistic opportunities available for advancement and job satisfaction; and recognize and assert her rights as an individual.

Klein, Susan S., ed. *Handbook for Achieving Sex Equity through Education.* Baltimore, MD: The Johns Hopkins Press, 1989.

A comprehensive guide to the key areas of inquiry on sex equity and education. Part I of the handbook includes articles on facts and assumptions about sex differences and sex equity as a philosophical problem. The articles in Part II examine sex equity strategies from an administrative perspective. Education practices are discussed in Part III. Parts IV and V examine sex equity strategies in content areas such as career and vocational education, the visual arts, social studies, and for specific populations, such as rural women, gifted girls and women. Sex equity from early through postsecondary education is covered in Part VI.

Kumagai, Gloria L. *America's Women of Color: Integrating Cultural Diversity into Non-Sex-Biased Curricula (Minority Women: An Annotated Bibliography).* Newton, MA: Women's Education Equity Act Publishing Center, Education Development Center, Inc., 1982.

This bibliography supplements the teacher-training manual, curriculum guides, filmstrips, and filmstrip user's guides for Integrating Cultural Diversity into Non-Sex-Biased Curricula. *It is organized into five sections: Elementary Resources, Secondary Resources, Postsecondary and Teacher Resources, Elementary Audiovisual Resources, and Secondary Audiovisual Resources. In addition, each section is organized by minority group: American Indian, Asian American, black, Hispanic, and multiracial.*

Kumagai, Gloria L. *America's Women of Color: Integrating Cultural Diversity into Non-Sex-Biased Curricula (Teacher-Training Manual).* Newton, MA: Women's Education Equity Act Publishing Center, Education Development Center, Inc., 1982.

The purpose of this manual is to teach students about the status, needs, and contributions of women from American Indian, Asian American, black, and Hispanic backgrounds. Teachers can integrate relevant aspects of the history, culture, and contributions of these women into their existing classroom curricula.

Larwood, L., A. Stromberg, and B. Gutek, eds. *Women and Work: An Annual Review.* Beverly Hills, CA: Sage Publications, Vol. 1, 1985.

Economic inequality over the past 20 years in the United States has been assessed by identifying both persistent patterns and striking changes in labor force participation, labor force attachment, occupational segregation, earnings differentials between men and women, and the allocation of time between household and market work. Three current views of earnings differentials are presented— human capital view, discrimination, and affirmative action. Other topics are the work and family linkage; segregation in American higher education; women and the exercise of power in organizations; and federal job training policy and economically disadvantaged women.

Leadership, Equity, and School Effectiveness. Baptiste, Waxman, de Felix, and Anderson, Eds. Newbury Park, CA: Sage Publications, Inc., 1990.

A collection of articles that covers education, equity and leadership to promote equity in a school environment. Articles on educational environments, instruction and educational preparation are included in the collection.

Lefkowitz, R., and A. Withorn, eds. *For Crying Out Loud: Women and Poverty in the United States.* New York, NY: The Pilgrim Press, 1986.

The book is organized into four parts. The first section presents different perspectives on the notion of the "feminization of poverty." The second section presents some of the different ways in which women actually experience poverty, focusing particularly on women of color, older women, and teenage mothers. The third section deals with the social reality of poverty and includes such topics as bureaucratic processes, policy decisions and social stigma of the social welfare system. The final section suggests strategies for change, such as expanding the role of the state, pay equity and community education.

Lenz, E., and B. Myerhoff. *The Feminization of America: How Women's Values are Changing Our Public and Private Lives.* Los Angeles, CA: Jeremy P. Tarcher, Inc., 1977.

This book discusses women's friendships, women's culture, and changes in American life as a result of women's transition from a domestic to a public workplace. Humanizing the workplace, reshaping the family, feminizing health care, searching for a new spirituality, revitalizing the arts, and protecting life are among the changes that the authors see.

Lord, S., et al. *The Female Experience in America: A Learning/Teaching Guide.* Newton, MA: Educational Development Center, 1979.

Lynch, J. *Multicultural Education: Principles and Practice.* Boston, MA: RKP, 1986.

Among the topics examined in this book are institutional responses to multicultural education, issues between school and community, and strategies to involve parents in the school. Staff development as the core of any feasible and credible multicultural education initiative is also discussed. The last section of the book considers some of the major political and social issues which form an agenda for multicultural education.

Malson, Michelene R., and Bette Woody. *The Work and Family Responsibilities of Black Women, Single Parents.* Wellesley, MA: Wellesley College, Center for Research on Women, Paper No. 148, 1985.

Employment and training programs increasingly are seen as a mechanism for reducing the number of women and children on welfare. Yet such programs are creating a cadre of working poor, according to some critics. This paper examines these issues, studying a group of black, poor, working women.

Mitchell, Joyce Slayton. *I Can Be Anything: A Career Book for Women.* New York, NY: College Entrance Examination Board, 1982.

This book provides detailed descriptions of 97 careers. For each career a factual picture of what the work is like is included. Education and skills needed, future employment and salary prospects, and sources of additional information are also included.

Moran, Mary. *Student Financial Aid and Women: Equity Dilemma?* Washington, D.C.: Association for the Study of Higher Education, 1986.

The author examines economic trends in postsecondary education, the issues of gender in student aid policy, loan programs for which women apply, and institutional practices that affect financial aid for women.

Multicultural Women's Sourcebook. Newton, MA: Women's Educational Equity Act Publishing Center.

This sourcebook is a materials guide for use in women's studies and bilingual/ multicultural programs. More than 2,000 sources are listed in the guide.

National Association of Social Workers, Inc. *Women, Power, and Change.* Ann Weick and Susan T. Vandiver, eds. Washington, D.C.: Author, 1981.

The articles in this book came from the First National Conference on Social Work Practice with Women: Social Work Practice in Sexist Society. Generally, the articles examine how the social service system can identify the unique social service needs of women and what intervention strategies and delivery systems will help meet these needs.

Sadker, Myra Pollack, and David Miller Sadker. *Sex Equity Handbook for Schools.* New York, NY: Longman, Inc., 1982.

A guide for teachers, this handbook incorporates strategies for detecting and combatting sex role stereotyping and lesson plans to use as models. A directory of organizations that offer resources on sex equity is included in the guide.

Sargent, Alice G. *Beyond Sex Roles,* Second Edition. St. Paul, MN: West Publishing Company, 1985.

A book that combines exercises on sex role stereotyping with current concepts and research in the field of sex roles. The exercises, which draw on the reader's experiences, emphasize individual growth as the sequence moves from awareness, to behavior change, to organizational change. The articles, contributed by a variety of writers,

cover topics such as the female experience, the male experience, and changing family and work systems.

Suarez, C. Cota-Robles, and L. Anguiano, eds. *Every Women's Right: The Right to Quality Education and Economic Independence.* Newton, MA: Women's Educational Equity Act Publishing Center, 1981.

A series of readings on the situation of the female low income head of household focusing on the minority woman, particularly the Chicana. Includes a review of racism and sexism, college and university programs that serve low income women, review of a successful junior college program for the women on welfare, research on the problems of the low income female head of household and recommendations for educational and training programs and some solutions and recommendations for improving the low level of benefits for women.

Tschirhart, Linda, and Mary Ellen Donovan. *Women and Self-Esteem.* New York, NY: Viking Penguin Inc., 1985.

This ground-breaking book examines how women's harmful attitudes about themselves are shaped. It offers concrete help — sometimes in the form of step-by-step exercises — to resolve women's dilemmas about their self-worth and to build higher self-esteem. An insightful and effective guide.

Women's Research and Education Institute. *The American Women.* Sara E. Rix, ed. New York, NY: W. W. Norton & Co., 1990.

A compilation of reports on the current social, economic, and political status of American women. Topics examined include women in the labor force, in the political process, in the arts, business and medicine. Women of color and women and the family are covered as well.

CURRICULUM MATERIALS

Allman, J., et al. *The Black Female Experience in America: A Learning/Teaching Guide.* Newton, MA: Educational Development Center, 1979.

Appalachia Educational Laboratory. *Choosing Occupations and Life Roles, Teacher's Handbook.* Newton, MA: Women's Educational Equity Act Publishing Center, 1983.

This handbook is designed as a teacher's or counselor's guide for a three-part sex equity program. The program is designed to help students look at sex-role influences and how they effect career options and choices. The handbook contains instructions for an inservice training program for other teachers as well as many activities to be used with students.

Appalachia Educational Laboratory. *Choosing Occupations and Life Roles: Looking at Jobs.* Newton, MA: Women's Educational Equity Act Publishing Center, 1983.

This book is meant to be used with Choosing Occupations and Life Roles, Teacher's

Manual, *although it can be used on its own. The book contains eight activities that help students explore future careers while making them aware of sex-role expectations. The goal of the book is to make students recognize how sex-role influences can limit their career opportunities.*

Bailey, J., et al. *Options: A Career Development Curriculum for Rural High School Students, Decision Making.* Newton, MA: Educational Development Center, 1980.

The second in the book series Options *developed by Dartmouth College, the series provides a curriculum for rural youth, specifically young women. This book focuses on decision making skills. The activities in the book can be used for both individuals or groups.*

Boston YWCA. *Connections: Women and Work and Skills for Good Jobs, A Program for Middle School Students.* Newton, MA: Women's Educational Equity Act Publishing Center, 1981. $22.00.

Developed to inform girls and boys in grades 6-9 about women's work prospects and problems and new opportunities for women in non-traditional occupations and interest females in a broader range of occupations and males to be supportive of this. Consists of a 15 module Gamebook, activity oriented to cover 15-20 hours of time, a slide/sound presentation of female role models and a leader's guide for each section with background material and implementation suggestions. Modules include: real life, recognizing stereotypes, job discrimination, job market, handling finances, exploring working with tools, exploring technical trades and continuing education in traditional and non-traditional employment. Some modules include one or two activities only. Leader's Guide is 280 pages. Gamebook is 165 pages. Looseleaf format.

California Coalition for Sex Equity in Education. *Toward Equity: Effective Title IX Strategies K-Postsecondary.* Newton, MA: Women's Educational Equity Act Publishing Center, 1980. $8.50.

Developed to provide insights into the equity movement, information and strategies for developing basic skills in networking, change and evaluation. Offers action steps that can be taken to achieve outcomes related to equity issues. Sections include: the law (Title IX), procedures in implementation and grievances, developing positive community attitudes towards change, financial aspects of Title IX, application to instructional materials and addressing specific concerns of administrators, community members, counselors, teachers, media, physical activity staff, students, vocational teachers. Includes a list of print and non-print resources. Uses the format of Projected (Desired) Outcomes, Recommended Change Strategies, Constraints, and Suggested Action Steps. Would be useful in training professionals how to intervene for change. 315 pages. Looseleaf format.

Center for Studies of the Person. *Expanding Options.* Newton, MA: Women's Educational Equity Act Publishing Center, 1984. $109.50.

A comprehensive sex equity training package for K - 12 teachers, students, student leaders, parents, administrators, counselors and support staff. A separate facilitator's guide has been developed for each of these groups containing workshop guides, instructional materials, and suggested resources to conduct a series of awareness, knowledge, and action-planning workshops on sexism and sex-role stereotyping. Includes assess-

ment instruments. Workshops are developed to last between 4 - 20 hours, broken down into sessions on sex equity, sexism, realities of the work world, sex role limitations, Title IX, the socialization process, language equity, assertiveness and implementing Title IX. Each group to be trained has a separate packet with similar information presented based on level of knowledge. Sections vary from 100 pages to 26 pages. Looseleaf format.

Changing Roles of Men and Women: Educating for Equity in the Workplace. Madison, WI: Vocational Studies Center, 1991.

The subjects in this curriculum guide include changing roles and lifestyles, gender bias and sex role stereotyping, equity in the workplace, and individual and institutional opportunities to promote gender equity. The guide can be used for semester courses or one-day workshops, for high school, college, or inservice programs.

Freeing Ourselves — Removing Internal Barriers to Equality. Newton, MA: Education Development Center, Inc., 1982.

This manual, and the workshop for it, focuses on the internal psychological barriers that plague women. The sex-role stereotypes that women have been socialized to accept impede their educational and career development. With this manual, trainers use didactic and experiential techniques to help participants make freer choices. Of the four parts of the manual, Part I is for the workshop administrator, Parts 2 and 3 are for workshop leaders, and Part 4 is for workshop participants.

O'Day, Bonnie. *Preventing Sexual Abuse of Persons with Disabilities: A Curriculum for Hearing Impaired, Physically Disabled, Blind and Mentally Retarded Students.* ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830. (408)438-4060. $19.95.

Developed for professionals who work with disabled persons, teachers, child care workers, counselors and social workers, and useful on an individual basis or in a group setting. Includes basic information about the vulnerability of disabled youth to sexual abuse, legal information, parent training and teaching sexuality information to the disabled. Provides separate curriculum for each of the disabilities listed above. Includes information on appropriate touching, date rape, what to do if you are attacked, assertiveness and information on sexual assault by someone in authority. Comes with a series of 20 posters (8½"x11") depicting a variety of touching situations. 175 pages. Softcover workbook style.

University of Minnesota. *Project Born Free: Secondary Level Training Packet to Reduce Sex-Role Stereotyping in Career Development.* Newton, MA: Women's Equity Act Publishing Center, 1980. $17.75.

Developed to be used as an in-service for staff at the elementary, secondary and higher education levels. The Secondary Level packet is intended for parents and teachers but materials can be adapted for other levels. Packet of nine videos is available for purchase also to supplement the print. Philosophy is integration of the work role with other life roles and the focus is over the entire life span. For use by males and females. Coding system for each activity rates appropriateness along four variables: 1) parent/educator effectiveness, 2) level of group trust required, 3) level of awareness of career development concepts and issues, and 4) level of awareness of sex role issues. Primary audience is not students, but educators, parents and community people. Ideally in-

tended for use by both a male and a female facilitator. Goals and objectives for each unit are carefully spelled out. Subjects include careers, male vs. female roles, school sex role stereotyping, family influences on career and life decisions and creating system change. Appendix includes readings on minority issues and disability. 474+ pages, plus appendix. Looseleaf format.

Walther, L., and N. Strauss. *The Catalyst Training Package: Increasing Options for Rural Youth.* Newton, MA: Women's Educational Equity Act Publishing Center, 1982. $11.00.

Developed to provide for the needs of rural youth who may be more limited in career options and more rigid in sex role stereotyping, this manual is formatted to present similar materials to three groups of audiences: 1) students, 2) school staff and 3) community members. Topics for students include problem-solving, sex role stereotyping, health and well-being, non-sexist career planning, drug and alcohol abuse, human sexuality, values, listening skills, community resources and Title IX. Community member training is to reinforce the power adults naturally have over students and encourage positive attitudes toward non-sexist education and career planning. Training for school staff is to encourage them to bond with students and to act as program and student advocates. Networking is done among the three groups, with one-on-one connections. Activities, outside films and discussion formats are utilized. 291 pages. Spiral bound.

West Alabama Curriculum and Materials Resource Center. *An Annotated Bibliography of Nonsexist Resources.* Newton, MA: Women's Educational Equity Act Publishing Center, 1984.

This book contains an annotated bibliography of nonsexist resources. It is designed to be used by educators and tends to focus on educational issues. Other topics include employment, law, language, the media, and Afro-American women.

West Alabama Curriculum and Materials Resource Center. *Career Education Resource Kit: Educational Activities to Eliminate Sex Discrimination in Schools.* Newton, MA: Women's Educational Equity Act Publishing Center, 1984.

This kit is specifically designed to be used by counselors working with females in a rural school system. It attempts to help school counselors address the counseling needs of females in rural community settings. The kit is divided into the following three parts: 1) an awareness program for counselors, 2) a guide for establishing a curriculum resource center, and 3) a model sex-fair counseling program for high school students.

Women in Higher Wage Occupations: A Resource Manual. Madison, WI: Vocational Studies Center, University of Wisconsin-Madison, 1991.

Classroom activities and worksheets help students understand the economic impact a career choice has on their lives. The manual covers women in the workforce, occupational segregation, and nontraditional careers.

Women in Non-Traditional Careers. Madison, WI: Department of Public Instruction. Available free.

Developed as curriculum for junior and senior high school girls with classroom training

in careers and nontraditional job exploration. Emphasis is on breaking through occupational stereotypes. Activities include: women's history, examination of the job market and equal opportunity, exploration of nontraditional jobs, sex role stereotyping, accessing career training, assertiveness, time-management, job hunting, job survival skills in nontraditional careers and individualized career planning. Includes readings and journal articles which may need updating. 650 pages. Looseleaf format.

Zitowitz, L. ed. *Just Between Sisters: Futures Unlimited, Minority Women in Technology.* New Brunswick, NJ: Rutgers, The State University of New Jersey, 1987.

This book is written to be used with a videotape. The basic goal of the program is to help young women of color become aware of sex-role influences and the effects of these influences on career choices. The book contains activities to be used along with the video. It also discusses the issue of sexual harassment.

VIDEOS

Another Half (27 minutes). Bill Wadsworth Productions, 1913 West 37th Street, Austin, TX 78731. (512)478-2971.

A film about two teenage boys which involves issues of gender role pressures, sex role stereotyping, sexual responsibility and life planning. For middle and high school.

Equity Works: 5 to 50. Educational Equity Concepts, Inc., 440 Park Avenue South, New York, NY 10016.

People talk about equity in their lives.

Equity Works: Voc. Ed. Educational Equity Concepts, Inc., 440 Park Avenue South, New York, NY 10016.

Teens talk with educators about equity.

Futures Unlimited I (30 minutes). Consortium for Educational Equity, Rutgers University, Kilmer Campus 4090, New Brunswick, NJ 08903. (201)932-2071.

On expanding your horizons in mathematics and science.

Futures Unlimited II (30 minutes). Consortium for Educational Equity, Rutgers University, Kilmer Campus 4090, New Brunswick, NJ 08903. (201)932-2071.

Designed to encourage and support students' confidence and enthusiasm in pursuing math, science and shop courses to prepare for technical and scientific jobs. The videotapes refute the stereotypes and fears about careers in math, science and the technologies. The role models present positive images which reinforce the message that challenging, stimulating and rewarding careers are open to both women and men.

Futures Unlimited III (30 minutes). Consortium for Educational Equity, Rutgers University, Kilmer Campus 4090, New Brunswick, NJ 08903. (201)932-2071.

Introduces minority women who present their nontraditional jobs as exciting new options.

Making Points (11 minutes). Direct Cinema Limited, Inc., P.O. Box 69799, Los Angeles, CA 90069.

Teen male actors give answers from the female point of view. About sex role stereotyping. For ages 10 to adult.

Man Oh Man (18 minutes). New Day Films, 22 Riverview Drive, Wayne, NJ 07470. (201)628-9111.

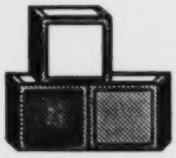
This is a popular new release from New Day Films. Growing up male in America and the masculine mystique undergo a refreshing reappraisal in this engaging survey of the world of men. Popular stereotypes, the female filmmaker's personal impressions, thoughtful insights from a variety of men, and commentary by an aspiring rock musician set up a lively dialogue guaranteed to spark audience interest and stimulate discussion.

On Equal Terms (30 minutes). NEWIST/CESA #7, IS 1110, Green Bay, WI 54301. (414)465-2599.

When it comes to male and female roles, we live in a society that has definite social regulations. Basically our gender is responsible for who we are, for our beliefs, for the careers we choose, and for our relationships with others. This film is designed to promote awareness of sex equity as an issue for both sexes and explores nontraditional occupations and comparable worth.

One Fine Day (5 minutes). Ishtar Films, Box 51, Route 311, Patterson, NY 12563. (914)878-3561.

Five upbeat minutes about women achievers. An inspiring celebration of American women--past and present. A montage to Kay Weaver's anthem "One Fine Day."



HEALTH AND WELLNESS

BOOKS AND ARTICLES

Bell, Ruth. *Changing Bodies, Changing Lives.* New York, NY: Random House, 1980.

This book for teens on sex and relationships was written by some of the authors of Our Bodies, Ourselves *and* Ourselves and Our Children *using the same practical, respectful approach. In the book, teenagers talk about the changes, choices and feelings in their lives. Information that teenagers can't get easily — about sex, physical development, personal relationships and emotions — is included.*

Food For the Teenager During and After Pregnancy. Rockville, MD: U.S. Department of Health and Human Services, DHS Publication No. (HRSA) 82-5106.

Golub, Sharon, ed. *Health Care of the Female Adolescent.* New York, NY: Haworth Press, 1984.

This book is a collection of papers by researchers and physicians on female adolescents and health care. The papers include nutrition, medical examinations, pregnancy, smoking and drug use.

SOFTWARE

Diet Analysis. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This computer program breaks down the foods into energy, protein, fat, carbohydrate, calcium, iron, and, if required, vitamins A, B, B2, nicotinic acid, and vitamins C and D, and displays how much of each has been provided and how much is required. Grades 9 & up.

Dieting. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This computer program describes the risks of being overweight, the basic concepts of nutrition, fallacies about dieting, tips on weight loss, sports nutrition and junk food. Discusses the pros and cons of various types of diets including fad diets, extreme diets and vegetarian diets. Also includes information on diabetes, hypoglycemia, hypertension, cancer, anorexia and bulimia. Grades 7-12.

Food Labels. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

On a simulated trip through a grocery store, students inspect labels of common food items and learn how to use the labels. This computer program introduces nutritional information, the recommended daily allowances of necessary nutrients, legal and implied meanings of common label terminology, additives and new symbols. Students will weigh the risks associated with common food additives, plan healthy menus and make wise purchasing decisions for themselves and for their families. Reading level, grades 5-6. Interest level, grade 6 to adult.

Health Risk Appraisal. Developed by John R. Raines, M.D. & Lynda B.M. Ellis, Ph.D., University of Minnesota. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This computer program appraises a student's health habits and personalizes suggestions for improving these habits. Information includes risk of dying over the next ten years from the ten leading causes of death for people of that sex, age, and race group. Instructs on how specific mortality rates could be decreased by altering certain health behaviors. Includes such recommendations as wearing a seat belt, losing weight, increasing exercise and stopping smoking.

Nutrition and Food Groups. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

A bingo-like computer game motivates students to learn about the nutrient content of foods and the importance of making wise food choices. Emphasis is placed on the ways in which the computer can help people make dietary decisions. Students discover good sources of the nutrients they need and observe that eating foods from each of these food groups increases their chances of enjoying a healthy, well-balanced diet. Grades 6-9.

Nutrition Volume 1. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800) 232-2224.

This computer program allows students to perform a quick, accurate nutritional analysis of foods consumed in a 24-hour period. The material includes a catalog of nearly 600 food items, a food diary, a nutrition report and a menu plan that serves as a guide for the dietary analysis program. Grades 7 & up.

Nutrition Volume 2. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

With this computer program, students calculate their caloric intake and compare it to the amount of energy they expend in a one- or three-day period. Using a list of foods, they determine whether an individual dish meets recommended levels of calories and nutrients. Includes a catalog of over 400 food items. Grades 7 & up.

Reproduction Organs. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This computer program describes and illustrates the essential functions of the male and female human reproductive organs. Graphics are simple representative schematics. Grades 6-12.

Reproduction Process. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This computer program describes the human reproductive process from copulation to birth. Illustrates the nine months of pregnancy in a clear, concise manner, relying upon simple representative schematics throughout the tutorial. Grades 6-12.

Salt and You. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This software package enables students to analyze their diets to determine whether they are using salt at a safe level. They are shown what excessive salt can lead to — hypertension, heart disease — and how to cut back on its use. Grades 6 & up.

Vitamins, Minerals and Health Foods. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This computer program defines and describes, identifies the properties of, and dispels myths about vitamins and minerals. Describes how to get the most nutrition out of food preparation. Also covers deficiency diseases, health foods, reading labels, RDA, and vitamins and minerals for special needs. Grades 7-12.

VIDEOS

Diet Maze (28 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This video interviews doctors and nutritionists to sort out the numerous, often confusing claims about dieting. Various diets are rated. The role of the family and overweight camps in helping dieters is covered.

Dieting (37 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

What makes people diet? How do they determine the best way to lose weight? This video is about typical dieters and their problems: miracle diets, fads, and diseases associated with being overweight. From the film, you will learn how to make your body adjust to weight loss without risk.

Fast Foods, Fad Foods (29 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Modern Americans average one meal a day outside the home. This trend places great importance on a widespread knowledge of nutrition. An expert explores the subject of health foods and fad foods.

Focus on Nutrition (28 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This video examines nutrition in the news: aspartame, vitamin poisoning, the tie between exercise and calories, and the relation between calcium and high blood pressure. The second half of the program takes an in-depth look at heart disease, a major killer of Americans.

Foods That Fit (28 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

What are your dietary goals? Several specialists take an in-depth look at this important topic to help viewers make better choices concerning what and how much to eat.

Keeping Our Food Safe (28 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

How safe is the food we eat? This program explores food safety and possible food hazards, such as contamination, pesticides, and additives. Also covered are the people who supply our food and the steps they take to ensure that it is safe.

Physical Fitness and Exercise (29 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

To be healthy, you must be physically fit. The best way to achieve fitness is through an exercise program which meets your abilities, needs and interests. Dr. Kenneth Cooper, the father of modern aerobics, and members of the Dallas Cowboys football team examine fitness in this video.

Planning a Diet with a Food Exchange System (29 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

In this video, nutritionist Kay Munsen explains how to develop a food exchange system as a tool in losing weight. Munsen presents six major food groups, along with alternative selections within each group for given calorie ranges.

Postnatal Exercise Program (ACOG). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

The American College of Obstetricians and Gynecologists has designed this post natal video exercise program to help you get back into shape after the birth of your child. Dr. Art Ulene guides you through complete, safe exercises which include carefully selected intensity levels for the postnatal condition.

Pregnancy, Birth, and Recovery Workout: Jane Fonda (90 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Designed for the pregnant woman who wants to keep in shape while her baby grows but who requires a less strenuous workout. This program also includes segments on skills for birth, baby massage, and infant care.

Total Wellness I (28 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This program focuses on what we eat, how we think, and how these habits affect our health. Specialists offer hints on evaluating and improving our diets as well as developing attitudes of responsibility and self-control.

Total Wellness II (28 minutes). QUEUE, INC., S62 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This program examines the exercise and leisure aspects of health. Specialists suggest specific ways in which individuals can improve their physical and mental fitness. They also discuss how these two aspects combine with nutrition and mental attitudes to produce total wellness.

Touch Film (22 minutes). Dr. Jessie Potter, Sterling Productions, Inc., 500 North Dearborn Street, Room 1119, Chicago, IL 60610. (312)329-1183.

Dr. Potter describes the emotional and physical benefits of touch as well as the consequences of the lack of touch. Pre-teens and adults.

What's Happening to Me? (30 minutes). ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061. (408)438-4060.

An animated video about puberty aimed at pre-teens and teens entering puberty.

CONTRACEPTION

BOOKS AND ARTICLES

Amherst H. Wilder Foundation. *Funders' Guide Manual: A Guide to Prevention in Programs in Human Services, Focus on Children and Adolescents.* Saint Paul, MN: Author.

Although this manual contains a wide variety of prevention programs focusing on children and adolescents, this bibliography only contains the section about teenage pregnancy prevention programs. This manual discusses some of the risk factors for teenage pregnancy as well as rating the effectiveness of three types of pregnancy prevention programs. The three types of programs are as follows: 1) programs to increase knowl-

edge or change attitudes, 2) programs providing access to contraception, and 3) programs that enhance life options and provide motivation to avoid early childbearing. The implications of these programs are discussed in both general and specific terms.

Birth Control Handbook. Montreal, Quebec: Montreal Health Press.

A guide to current methods of contraception. The handbook covers choices of birth control methods and factors affecting choices. Information about the human body, conception and health care is also included. A very useful reference, well-illustrated, for women and men at all stages of sexual experience.

Cook, A.T., J.L. Sola, and R. Pfeiffer. *Taking the Lead with PACT: Peer Education in Sexuality and Health.* New York, NY: YWCA of the USA, 1989.

This manual describes the PACT program developed by the YWCA. The PACT program was designed to empower teenagers to make informed decisions about important areas of their lives related to sexuality and health issues. Through the use of trained teen facilitators, the goal of the program is to make accurate information and resources available to teenagers. The manual contains guidelines for planning, implementing and conducting the program.

Dunkle, M.C. *Just What The Doctor Should Have Ordered: A Prescription For Sex-Fair School Health Services.* Newton, MA: Women's Educational Equity Act Publishing Center, 1989.

This book is about providing equitable health services and opportunities for females and males within an educational setting. Though the focus is the school setting, this information is easily transferable to other health care settings. Specific areas covered are pregnant students, sex education and birth control services, gynecological and reproductive health care, student health insurance, sports medicine, alcohol and drug abuse services, mental health services and other health services and programs.

Higgins, P.S. *Teenage Pregnancy: An Intractable Problem?* Saint Paul, MN: Amherst H. Wilder Foundation, 1988.

This paper is a literature review which supplements a handbook about prevention programs entitled Funders' Guide Manual: A Guide to Prevention Programs in Human Services, Focus on Children and Adolescents. *Discussion in this paper focuses on the following areas: 1) the range and cost of teenage pregnancy, 2) the risk factors for teenage pregnancy, 3) the types of efforts and programs designed to prevent teenage pregnancy and their effectiveness, and 4) the implications of this paper on pregnancy prevention programs. The author feels teenage pregnancy will be a difficult problem to solve due to the lack of policy consensus. He cites sex education programs and school-affiliated clinics as the most promising pregnancy prevention programs. It is recommended to use this paper in conjunction with the* Funders' Guide to Prevention Programs, *which is included in this bibliography.*

Ineichen, Bernard. "Contraceptive Experience and Attitudes to Motherhood of Teenage Mothers." *Journal of Biosocial Science* 18(4) (October 1986).

Many Teens Are Saying No. Rockville, MD: Family Life Information Exchange, 1986.

Teens are offered thoughts about the risks of sexual involvement at their stage in life. Advice on resisting peer pressure is also given as well as encouragement on the positive aspects of saying no.

Selinger, Howard E., M.D. *Contraception? Facts on Birth Control.* Daly City, CA: PAS Publishing, 1983.

Stone, R. *Adolescents and Abortion: Choice in Crisis.* Washington, D.C.: Center for Population Options, 1990.

This publication looks at the complex issues of teenage pregnancy and abortion. With the growing trend for state governments to put restrictions on minors seeking abortions, the author discusses the implications of these laws on pregnant teenagers. Also discussed are alternatives to abortion and Supreme Court cases dealing with adolescent abortion. The author feels abortion is a personal decision to be made by the teenager, and that laws restricting abortions for minors are being supported by anti-choice groups in an effort to ban abortion for all women.

Tyrer, L.B., B. Rothbart, and K. Anderson. "What Every Teen Should Know About Contraceptives." *Contemporary Pediatrics* (1989), pp. 68-84.

As more teenagers are becoming sexually active, many young women are exposing themselves to a wide range of health problems including unwanted pregnancy, maternal and infant morbidity, and sexually transmitted diseases. The importance of education and contraceptive counseling can not be stressed enough in prevention of unwanted pregnancy and exposure to STDs among teenagers. This article discusses contraceptive methods recommended and not recommended for adolescents, weighing both the benefits and risks strictly from a medical and health perspective.

Watzman, N. "When Sex Ed Becomes Chastity Class." *In These Times* 21 March 1990.

This article is about a program called "Sex Respect," an alternative sex education program that emphasizes abstinence for teenagers. The program is an example of a growing trend that stresses abstinence instead of other forms of birth control for teens. The article looks at the pros and cons of this program.

SOFTWARE

Contraception. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This software program describes how eight different contraceptive methods work, their effectiveness, safety, cost and possible adverse reactions. Methods discussed include the rhythm method, diaphragm, condom, foams and jellies, birth control pill, IUD, sponge and sterilization. Grades 7 & up.

VIDEOS

Condom Sense (25 minutes). Altschul Group, 930 Pitner Avenue, Evanston, IL 60202. (312)328-6700.

This film encourages males to take an active role in contraception. For teens and adults.

Teenage Birth Control: Why Doesn't It Work? (16 minutes). Kidsrights, 3700 Progress Boulevard, Mount Dora, FL 32757. (800)892-KIDS, (904)483-1100.

Stresses of most teenage pregnancies occur because teenagers don't use birth control, even though they know about it. This film helps students recognize why they take chances and the reasons they shouldn't. A separate section reviews contraceptive information specifically directed at teenagers. Ages 13-18.

DRUGS, ALCOHOL AND TOBACCO

BOOKS, ARTICLES AND PAMPHLETS

Alcohol and Pregnancy: How Drinking May Harm The Unborn Baby!! Sacramento, CA: California Urban Indian Health Council.

Bankston, K., and S. Strong. *Turning Points: A Resource Guide on Teenagers, Pregnancy, Alcohol and Other Drugs.* Madison, WI: Wisconsin Clearinghouse, 1990.

This manual is designed for professionals working with teenagers on issues of pregnancy, sexuality, and alcohol and other drug abuse. The strategies discussed in this manual are designed to promote self-esteem and enhance decision-making skills among pregnant teens in order to prevent substance abuse. Also included in the manual are activities and worksheets to use as aids when working with pregnant teens.

Collins, Claris, et al. *Let's Talk About Drugs and Alcohol.* North Bergen, NJ: Book-Lab, 1972.

This student activity handbook uses exercises to provide information about drugs and alcohol. A glossary of words about drugs is included.

Drugs of Abuse. Washington, D.C.: U.S. Department of Justice, Drug Enforcement Administration, 1989.

Describes all types of drugs of abuse, their use and effects.

Warning: Effects of Fetal Alcohol Syndrome. Sacramento, CA: California Urban Indian Health Council.

The Wisconsin Study: Alcohol & Other Drug Use. Minneapolis, MN: Search Institute, Bulletin No. 9408, 1989.

This report presents the findings of a study of 124 public schools in Wisconsin on the alcohol and other drug use of students. The grade levels surveyed for this study were 6th, 8th, 10th and 12th. The data is presented in the form of graphs, charts and a written discussion. Alcohol and other drug use among Wisconsin teenagers is compared to the national trends.

Woman to Woman: Alcohol and You. Madison, WI: Wisconsin Clearinghouse, University of Wisconsin-Madison, 1987.

This pamphlet describes the short-term and long-term effects of alcohol on women. Social patterns and consequences of problem drinking and the use of alcohol with other drugs are also described.

SOFTWARE

Dangers of Drugs. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800) 232-2224.

Using an interactive format, this software program introduces the dangers of drug abuse. The program covers alcohol, marijuana, cocaine, crack, heroin, uppers, downers, glue sniffing, etc. Reading level, grades 3-4.

Drug Abuse. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This software program describes the active ingredients/contents, methods of use, preparations, short-term effects, long-term effects, prevalence of use and legal status of various drugs. Drugs reviewed include: cocaine, cannabis, minor tranquilizers, LSD, solvents, alcohol, amphetamines, caffeine, sedative hypnotics, opiates, tobacco, antihistamines and PCP. Grades 7 and up.

Smoking: It's Up to You. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

In this program, where the facts speak for themselves, students investigate several topics related to smoking: the contents of cigarette smoke, health risks, financial costs, immediate physical effects, and personal attitudes. Students evaluate for themselves the hazards of smoking. Grades 7 and up.

VIDEOS

Alcoholism (29 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Alcohol authority Dr. Max Schneider discusses the physiological effects of drinking in this film. Alcoholics relate their personal experiences.

Alcoholism: A Family Disease (29 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Alcoholism is a disease that afflicts not only the alcoholic but the family as well. Family therapist, Sharon Wegsheidere, explains how the family helps and hurts.

Death in the West (32 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT. 06610. (203)335-0908, (800)232-2224.

This film, which includes revealing interviews with cigarette company executives, is a unique and powerful exposé of cigarette advertising myths. One of the most convincing anti-smoking films ever made. Produced in England.

Drug Education for Young People (52 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Three videos designed to inform and educate young people about drug abuse. The film shows the effects and consequences of different drugs, how they act on the body, and more.

Drug Free Kids: A Parents' Guide. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

In this film, an all-star cast acts out familiar family scenes, illustrating effective ways for parents to communicate with their children and deal with the urgent problem of childhood drug abuse.

Every Man's Favorite Drugs (29 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Drug expert Dr. Lee Holister explains the dangers of commonly used drugs such as caffeine and alcohol. The video includes suggestions on how to break drug habits.

In Control: A Freedom From Smoking Program (120 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

The American Lung Association presents this unique stop-smoking film. Thirteen segments cover subjects such as reasons for smoking, handling withdrawal symptoms (including the use of nicotine gum), weight management and coping tools.

New Parents and Teachers' Guide to Drug Abuse (55 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Dr. Forest Tennant presents this guide to drug abuse and drug education. Learn the effects of cocaine, marijuana, heroin, PCP, and other drugs, and learn how to talk to children about these substances. Includes a segment on controlling drug abuse in the workplace.

Say No to Drugs (45 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This practical guide for parents offers solid advice and techniques for teaching children to live without drugs or alcohol. Doctors and social workers provide their expert help in the fight against substance abuse.

Shattered. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Teenage drug addiction is a serious problem today. In the battle to combat the deadly contagion, this program focuses on the need for open communication, sensitivity and awareness between parents and kids.

Stop Smoking. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This program uses daily reinforcement which helps address the thought processes behind the smoking habit.

Stop Smoking For Life: Larry Hagman (60 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Researchers from U.C.L.A. have refined this system for quitting.

Substance Abuse Video Library: Alcohol, Stimulants, Depressants, Hallucinogens, Adolescent Substance Use, Marijuana, Cocaine, Narcotics and Designer Drugs. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Teenage Alcohol and Drug Abuse (30 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This video helps parents deal with teenage children who have become dependent on drugs and alcohol. Agencies and organizations that can help are profiled, and preventive measures are highlighted.

Twenty-One Days to Stop Smoking: American Cancer Society's Freshstart (87 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

A unique, one-day-at-a-time program that realistically guides, counsels, and encourages you to stop smoking forever. Go day by day with the video — each chapter is one more manageable step on your way to quitting.

Waking Up From Dope (40 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

In this entertaining, educational program, high school kids respond to Jevon Thompson's strong anti-alcohol and drug message. A former drug abuser and rock musician, Thompson gives a powerful presentation, combining his non-judgmental attitudes with comedy and hard facts.

HEALTHY BABY/HEALTHY CHILD

BOOKS AND ARTICLES

Bavolek, Stephen, and Juliana Dellinger Bavolek. *Nurturing Program for Parents and Young Children (Birth to Five Years Old).* Park City, UT: Family Development Resources, Inc., 1985.

A comprehensive program on changing old parenting patterns and learning new ones.

Be Good to Your Baby Before It Is Born. White Plains, NY: March of Dimes Birth Defects Foundation.

This pamphlet offers advice on a healthy pregnancy, especially nutrition.

Helping Your Child to a Healthy Future. Keshena, WI: Menomonee Indian Tribe of Wisconsin, 1979.

Information from Healthy Mothers, Healthy Babies Coalition. Washington, D.C.: U.S. Department of Health and Human Services, National Maternal and Child Health Clearinghouse (NMCHC).

This selection includes: Prevention Notes "Adolescent Health Care" *(1986);* A Compendium of Programs for Serving Low-Income Women *(1986); and* Nutrition and Adolescent Pregnancy: A Selected Annotated Bibliography *(1986). NMCHC also has information on AIDS, high risk infants and children, as well as Spanish language publications.*

Women's Personal Health. Keshena, WI: Menomonee Tribal Clinic.

SOFTWARE

Be Good To Your Baby Before It Is Born. White Plains, NY: March of Dimes Birth Defects Foundation, 1989.

This software program describes the symptoms and treatment for whooping cough, allergy, measles, cystic fibrosis, croup, mumps, tonsillitis and chicken pox. Grades 7-12.

Pregnancy Series: 1) Pregnancy and You; 2) Prenatal Baby Care. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Interactive and informative computer-assisted tutorials emphasize the importance of good, healthy prenatal care. Grades 7-12.

VIDEOS

Baby Body Works (30 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This video provides guidelines for parent and baby to develop an easy and fun exercise program together. These exercises for young children form the first step to good health.

Baby Dynamics 1 (36 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This film is a special motor skills fitness program aimed at developing the five major motor skills areas. The exercises are easy and fun. Volume I is designed for infants and toddlers through 18 months.

Baby Dynamics II (36 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Volume II continues your child's development of key motor skills with simple and fun exercises for children ages 18 months through 36 months.

Baby Grows: Prenatal Development (26 minutes). Kidsrights, 3700 Progress Boulevard, Mount Dora, FL 32757. (800)892-KIDS, (904)483-1100.

This film dramatizes highlights from the journal of a young married woman as she records her thoughts, feelings and concerns during her first pregnancy. This film shows viewers why a mother-to-be's active and willing participation in good prenatal care is so important to the good health of the baby. Age 15 to Adult.

Baby-Safe Home (49 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Consumer reporter and advocate David Horowitz takes you through a deadly minefield — your home. Copious tips on how to keep your baby safe and secure.

Bavolek, Stephen J. *Corporal Punishment: What to Do Instead* (30 minutes). Family Development Resources, Park City, UT 84060. (801)649-5822.

This video teaches alternatives to hitting a child. Four parent-child situations are presented followed by alternative strategies and techniques for each. The accompanying Leader's Guide discusses why hitting has been used as a child rearing practice and the detrimental impact it has on a child's growth.

Caring for Your Newborn with Dr. Benjamin Spock (111 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

A practical source of advice and guidance on infant care for parents. The video covers everything from bathing to treating early disorders. Clear visual presentation of what to expect in the first year.

Childbirth Preparation Program (ACOG) (56 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Created by the American College of Obstetricians and Gynecologists (ACOG), this program is specially designed to help pregnant women practice techniques that promote relaxation and relieve discomfort during labor and childbirth. Includes a 30-minute practice labor that can be used alone or with a partner. Hosted by Dr. Art Ulene.

Childhood Diseases. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Exercises for Mothers-To-Be: Marie Osmond. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

When you're pregnant, it's important to keep your muscles toned and supple to insure an easier pregnancy and delivery. In this video, Marie Osmond demonstrates the proper exercises, designed by the physical therapist, Elizabeth Noble.

Pregnancy: Caring for Your Unborn Baby (30 minutes). Kidsrights, 3700 Progress Boulevard, Mount Dora, FL 32757. (800)892-KIDS, (904)483-1100.

This film identifies the benefits of making the right choices about prenatal health and the consequences of making some wrong choices. These involve what the mother eats, drinks, takes into her body and is exposed to. Filmed case studies and interviews dramatically reveal the lifetime impairment caused by poor nutrition, smoking, drugs and alcohol. Age 16 to Adult.

Pregnancy Exercise Program (ACOG) (51 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Maintain muscle tone, endurance, and strength during your pregnancy with this exercise program presented by the American College of Obstetricians and Gynecologists. Dr. Art Ulene hosts this program for women in all stages of pregnancy. Safety is emphasized; all parts of the body are exercised.

Tender Touch: A Guide to Infant Massage (28 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Sandra Truxell, RN and massage therapist, is your guide to the natural joys of infant massage. Designed for well babies, this program teaches you a full body massage for your baby, which can relieve gas and colic, enhance sleeping patterns, and improve the bond between parent and child. It's fun, healthy, and easy.

What Every Baby Knows I (60 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

An informative mix of scientific and practical information on the development of children from birth to age three. Addresses the most common questions about newborns, infants, and toddlers.

What Every Baby Knows II (60 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Discusses the various problems faced by working parents, including separation anxiety and day care.

What Every Baby Knows III (60 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

A guide to pregnancy and childbirth presented in three segments — pre-birth, birth itself, and the first three months of life. A single delivery is covered in detail.

What Every Baby Knows IV (60 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Examines the changing role of the modern father.

When Baby Comes Home (55 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This valuable home video guide for new parents answers questions asked often about everything from feeding to bathing the new arrival. A practical reference cassette for those who desire to learn more about the miraculous experience of parenthood.

PREGNANCY PREVENTION

BOOKS AND ARTICLES

Charters, Teresa. "Students Against Teen Pregnancy: A Home Economics Public Relations Program." *Illinois Teacher of Home Economics* 30(3) (Jan.-Feb. 1987).

Community Health Concepts. *Evaluation of Projects Funded by the Adolescent Pregnancy Prevention and Services Board.* Madison, WI: Adolescent Pregnancy Prevention and Service Board, 1989.

In assessing the strengths and weaknesses of pregnancy prevention efforts, this evaluation examined the projects funded by the Adolescent Pregnancy Prevention and Service (APPS) Board. How well the programs are meeting their stated objectives and those of APPS were among the criteria of the evaluation.

Compton, Nancy, Mara Duncan, and Jack Hruska. *Student Pregnancy: How Schools Can Help Combat* Series. Washington, D.C.: National Education Association, 1987.

Klein, Helen A., and Antoinette S. Cordell. "The Adolescent as Mother: Early Risk Identification." *Journal of Youth and Adolescence* 16(1) (1987).

Proctor, Susan E. "Developmental Approach to Pregnancy Prevention with Early Adolescent Females." *Journal of School Health* 56(8) (October 1986).

Programs for Preadolescents: Sexuality Education and Strategy Resource Guide. Washington, D.C.: Center for Population Options, 1983.

This guide is designed for organizations which provide programs for youth. Its aim is to help the staffs of such organizations develop and implement an agency-based sexuality/family planning education program.

SOFTWARE

Practicing Sexual Decision-Making. Substance Abuse Education Software. Chambers International Corporation, 5499 North Federal Highway, Suite A, Boca Raton, FL. (407)997-9444.

This computer-assisted instruction program provides an interactive yet personal environment for acquainting students with the different aspects of making sound sexual decisions. This program presents a six step approach for a responsible decision making process. Using several scenarios, the program allows learners to practice making sexual decisions and then deal with the various outcomes of their decisions.

VIDEOS

Choices: The Mating Game (1 hour). Ounce of Prevention Fund, 188 West Randolph, Suite 2200, Chicago, IL 60601. (312)855-1444.

In this film, two teens learn about sexuality and decision making through a game show format. For middle school.

How Can I Tell If I'm Really In Love (51 minutes). ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061. (408)438-4060.

This video is designed to help teens answer their questions about love and sexuality. Uses song, dance and straight talk. For middle and high school.

In Due Time (13 minutes). O.D.N. Productions, 74 Varick Street, #304, New York, NY 10013. (212)431-8923.

Teenage pregnancy prevention from the female point of view. A candid interview with

an inner-city teen who tells why she decided not to become a teen mother. Discussion of choices, life options, future plans and peer pressure. For teens.

It Only Takes Once (15 minutes). Intermedia, 1600 Dexter Avenue North, Seattle, WA 98109. (206)282-7262.

Combines humor with serious stories of teenagers who had to "grow up real fast." Includes responsibility, parenting, abstinence, sexuality, communication and choices. For middle and high school age.

It's Okay to Say No Way (7 minutes). YWCA of the USA, Program Services Division, 726 Broadway, New York, NY. (212)614-2700.

Rhythm rappers include information on responsibility and pregnancy.

Lifetime Learning Systems. *Straight Talk Video* (56 minutes). Classroom Education Program, c/o Creamer Dickson Basford Inc., 1633 Broadway, New York, NY 10019. (800)722-7786.

Classroom education program on sexuality and contraception. Comprehensive coursework. New programs on AIDS. Translated for Spanish speaking and blind students.

Losin' It — Sex and the American Teenager (76 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Candid discussions with average teenagers on such personal matters as love, sex and relationships.

Love, Sex and Values (20 minutes). Kidsrights, 3700 Progress Boulevard, Mount Dora, FL 32757. (800)892-KIDS, (904)483-1100.

A four part video which deals with important issues facing young people today. Gives down-to-earth tips on sorting individual values and making the right choices. Offers a positive guide to saying "no" to sex, reassuring them they are not out of step. Shows the differences between love and romance and takes a look at the facts vs. myths about teen pregnancy. A non-preaching presentation. Age 12-18.

Main Street Sex and the American Teenager (39 minutes). Films Incorporated, 5547 North Ravensrook Avenue, Chicago, IL 60640. (800)323-4222.

A rap session with twelve teens who reveal their attitudes, feelings and fears about sex. For middle and high school.

Male Involvement Trigger Film (2.5 minutes). Altschul Group, 930 Pitner Avenue, Evanston, IL 60202. (312)328-6700.

Encourages young men to seek information and advice on sexual activity.

No Time Soon (16 minutes). O.D.N. Productions, 74 Varick Street, #304, New York, NY 10013. (212)431-8923.

Teenage pregnancy prevention from the male point of view. Two teenage boys agree that becoming a teenage father is not for them. For teens.

OK to Say No: The Case for Waiting (28 minutes). Kidsrights, 3700 Progress Boulevard, Mount Dora, FL 32757. (800)892-KIDS, (904)483-1100.

Stories of three teens present the case for abstinence as a viable sexual option. Stresses personal choice, emotional readiness, and the need for assertiveness. Age 12-18.

Saying No (17 minutes). The Altschul Group, 930 Pitner Avenue, Evanston, IL 60202. (312)328-6700.

Young women talk about their personal decisions regarding their sexuality. For teens.

Sex, Choices and You (18 minutes). Library, Planned Parenthood, 1046 North 12th Street, Milwaukee, WI 53233. (414)271-6033.

About choices and options, decision making. Interviews and short skits.

Sex Respect (15 minutes). Respect, Inc., 347 South Center, Bradley, IL 60915.

Includes understanding yourself; dating; motherhood/fatherhood--are you ready?; and mind over matter. For middle and high school.

Sex: A Topic for Conversation. Gordon, Sol, Mondell Productions, Inc., 5215 Homer Street, Dallas, TX 75206. (214)826-3863.

I.) For Teenagers; II.) For Parents of Teenagers; III.) For Parents of Young Children. Covers such topics as love vs. sex, abstinence, self-esteem, and how parents can talk to their children more comfortably.

Teen Issues Today (40 minutes). Della Buckley, Kenosha County Health Department, 3418 Washington Road, Kenosha, WI 53142. (414)656-6434.

A locally produced video by youth in the Kenosha County Health Department Adolescent Pregnancy Prevention Project. Youth discuss a variety of issues affecting their lives.

Teenage Dating I (30 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This video explores whether the sexual revolution and feminism of the 70s and 80s have filtered down to the high school dating scene.

Teenage Dating II (30 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Four teenagers talk about what it means to go steady in the 1980s.

Terrific Sex: Dr. Ruth (60 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

A candid discussion with Dr. Ruth about various sexual activities and problems.

Too Young, Too Far (30 minutes). NEWIST, CESA #7 Telecommunications, IS 1110, Green Bay, WI 54301. (414)465-2599.

"You can't get pregnant the first time you have sex." This docudrama on adolescent pregnancy prevention is targeted at both girls and boys ages 12-16 and dispels this and other myths teens believe about getting pregnant. The dramatic vignettes are interspersed with interviews with professionals who offer sound advice on pregnancy prevention for males and females.

SEXUAL HARASSMENT

CURRICULUM MATERIALS

Adolescent Sexual Abuse Prevention Project. Parent's Anonymous of Delaware, Inc., 124D Senatorial Drive, Wilmington, Delaware, 1987. $20.00 for project curricula, $10.00 for implementation manual.

Includes 3 different training programs: 1) a 1½ hour presentation for professionals which includes definitions, causes, signs and appropriate responses to adolescent sexual abuse, 2) a 1½ hour program for parents covering the same information but focusing on how parents can help their child, and 3) a program for teens which can be presented in 1, 3, or ten session formats. The curricula includes information on victimization and perpetration of child sexual abuse and also identifies the consequences of sexual assault for both. The Implementation Manual provides some background on adolescent sexual abuse and alternative ways to present the information, but is of limited usefulness. 96 pages. Spiral Bound format.

No Easy Answers: A Sexual Abuse Prevention Curriculum for Junior and Senior High School Students. Network Publications, $29.95.

The purpose of the No Easy Answers *Curriculum is to help students develop skills in communication of their feelings; attitudes and expectations related to sexuality and the exploitative or abusive use of sex; and to provide them with protection and prevention skills. Developed by the Illusion Theater in Minneapolis. The format is 20 different topic sessions which can be used for junior high students, with advanced discussion and exercises available for senior high students. Topics covered include myths and facts of sexuality and abuse, problem solving skills, acquaintance rape, the touch continuum, communication skills, incest dynamics, how to get help, resources available, personal safety and prevention. Includes other resources, such as films and books, in the presentation of the program and a questionnaire that could be replicated to assess the current level of student knowledge and attitudes towards sexual abuse. 215 pages. Soft cover. Worksheets included in manual.*

A Teaching Guide to Preventing Adolescent Sexual Abuse. Network Publications, $29.95, 1988.

This guide was created for school districts and agencies for use in developing and teaching sexual abuse prevention at the secondary level. A step by step description of how to get the information into the school system as well as techniques to work with teens, some of whom may have been abused, are presented. A pre- and post-test of attitudes of the students is also included. The information can be presented in a one-day, three-day or five-day format and includes classroom exercises and outside resources to complement the topic. Topics covered include: description of sexual abuse and difficulties in talking about abuse, feelings, personal safety skills, assertiveness skills, skills to prevent date rape, how to get help and the influence of the media in maintaining sexual abuse. The appendix includes several articles on sexual abuse and models of information sheets useful in getting this curriculum into your school system. 187 pages. Soft cover. Teacher's guide integrated in each lesson.

PAMPHLETS

Tune In To Your Rights. . . A Guide for Teenagers About Turning Off Sexual Harassment. Ann Arbor, MI: Center for Sex Equity in Schools, University of Michigan, 1985.

This pamphlet looks at sexual harassment from the perspective of a junior high or high school student. Through a case study, a student experiences and resolves an experience of sexual harassment. The roles that friends, school officials and others can play is illustrated as well.

SEXUALLY TRANSMITTED DISEASES

BOOKS AND ARTICLES

AIDS: The Facts. American Red Cross, 1986.

AIDS Prevention Program for Youth: Information for Students. American Red Cross, 1987. Stock No. 329518.

Answers questions on how AIDS is contacted, prevented and treated. Exercises test the student's knowledge about AIDS before and after reading the booklet.

AIDS: Protect Your Health: Know the Facts. Madison, WI: Wisconsin Division of Public Health, 1987.

Carroll, David V., M.D. *The Love Bug.* Daly City, CA: PAS Publishing, 1983.

Hiatt, Jane, Kay Clark, and Mary Nelson. *Sexually Transmitted Disease Facts.* Santa Cruz, CA: Network Publications, 1989.

Instruction About Acquired Immune Deficiency Syndrome in Wisconsin Schools. Madison, WI: Wisconsin Department of Public Instruction, Bulletin No. 8248.

This booklet offers a guide for integrating instruction about AIDS into existing K-12 health instruction.

Kelley, B.B. "Education Needed as Incidence of AIDS Rises Among Teens." *Pacific News Services* 2 Feb. 1990.

This one-page article looks at the dramatic increase of AIDS cases among the teenage population. According to the article, the teenage AIDS population differs from the adult population in two ways: 1) there are more non-IV-drug-using females, meaning the disease is spread through heterosexual contact, and 2) teens are more resistant to prevention education than adults.

Kolata, G. "AIDS is Spreading in Teenagers, A New Trend Alarming to Experts." *The New York Times* 15 October 1989.

This brief one-page article looks at the alarming effect that the AIDS virus is having on young women and men between the ages of thirteen and nineteen. The virus appears to be transferred through heterosexual intercourse among teens and is effecting an equal number of females and males, contrasting dramatically with the demographics of the disease in the adult population. Experts are concerned with a wide range of issues including safe-sex practices, AIDS education, proper health care for those teens infected with the HIV virus, and teenage mothers and their children infected with the virus.

Straight Talk: A Magazine For Teens About AIDS. Emmaus, PA: Custom Publishing Division of Rodale Press, Inc. for UAW-GM Human Resource Center, 1990.

Teenagers and AIDS. American Red Cross, 1988.

PAMPHLETS

The AIDS Antibody Test. San Francisco AIDS Foundation, P.O. Box 6182, San Francisco, CA 94101-6182.

Information on costs, confidentiality and other issues related to taking the AIDS antibody test, and what to do afterwards, whether the results are positive or negative.

Children, Parents, and AIDS. American Red Cross.

Condoms and Sexually Transmitted Diseases...Especially AIDS. Washington, D.C.: Department of Health and Human Services, HHS Publication FDA 90-4239.

Information on condoms, including how to use, buy and store them.

Coping with AIDS. San Francisco AIDS Foundation, P.O. Box 6182, San Francisco, CA 94101-6182.

Supportive advice for someone infected with AIDS. Acknowledging your emotions and seeking support from friends and professionals is emphasized. Also includes words of support from three AIDS patients.

Guidelines for Effective School Health Education to Prevent the Spread of AIDS. Department of Health and Human Services, Public Health Service, Centers for Disease Control, Atlanta, GA.

Guidelines to help school personnel plan, implement, and evaluate educational programs on AIDS. Level of information about AIDS is given for early elementary, late elementary/middle school, and junior high/senior high levels.

STD Facts. ETR Associates/Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830. (408)438-4060.

Contains key information on the major forms of sexually transmitted diseases. Brochure folds out into a poster.

Surgeon General's Report on Acquired Immune Deficiency Syndrome. Centers for Disease Control, National AIDS Information Clearinghouse, P.O. Box 6003, Rockville, MD 20850.

Describes the virus and how it is transmitted. Includes advice on protecting yourself from the infection, facts on safe practices and a look at the future.

Teens & AIDS: Why Risk It? ETR Associates/Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830.

Tells teenagers briefly about how AIDS is transmitted and how they should protect themselves.

Women and AIDS. American College Health Association, 1300 Piccard Drive, Suite 200, Rockville, MD 20850.

Describes how women most commonly become infected with AIDS. The brochure covers guidelines for safer sex, advice on relationships and sources for referral and help.

SOFTWARE

Sexually Transmitted Diseases. Developed by Betty Castro Hock, M.S., San Diego City College. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Gives the facts on sexually transmitted diseases, including AIDS. Throughout the computer program, students are asked to answer questions on the material presented.

Immediate feedback is given. If a response is incorrect, the program prompts students with additional information and then repeats the question. A test is included on each disk for pre- or post-testing.

Venereal Disease. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800) 232-2224.

This computer program describes diseases, effects, treatment causes, transmission, prevention, and provides a research outlook. Diseases include: syphilis, gonorrhea, herpes and AIDS. Grades 7 & up.

VIDEOS

AIDS (30 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Jack Palance examines the history and origin of AIDS in this video. He tells, in this medically sound study of the deadly disease, how it attacks the body, how it spreads and how it can be prevented.

AIDS: Profile of an Epidemic (60 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Edward Asner hosts this video on AIDS, exploring the origins and implications of the disease. Five victims are interviewed; many public concerns and rumors are addressed and clarified.

STRESS MANAGEMENT

BOOKS AND ARTICLES

Jelsma, B. "Risky Business." *Networker* (1990), pp. 48 - 51.

This three-page article is about the "acting-out" behavior of adolescents. The author believes that teenagers often act-out as a way to get their needs met and it can be viewed as healthy behavior. Therapists working with acting-out adolescents must 1) love these kids, 2) have an unstoppable sense of humor, and 3) be able to tolerate being out of control.

Report on the Secretary's Task Force on Youth Suicide: Prevention and Interventions in Youth Suicide. Washington, D.C.: U.S. Department of Health & Human Services, 1989.

Two articles from this report are included in this bibliography, both dealing with homosexuality as it relates to suicide. One is a literature review of studies done on suicide

and sexual identity issues by Joseph Harry, associate professor of sociology at Northern Illinois University. The second article, "Gay Male and Lesbian Youth Suicide", by Paul Gibson, discusses the many facets of adolescent homosexuality including transsexual youth and minority gay youth. Risk factors for gay and lesbian youth are also discussed. The author writes about changes that can be made to reduce the risk factors for gay and lesbian youths.

Stress Management Workbook for Senior High School Students — Teacher Guide. Vancouver, British Columbia: Western Center for Preventive and Behavioral Medicine Inc., 1982.

CURRICULUM MATERIALS

Abrams, Grace C., and Fran C. Schmidt. *Activities for Exploring Conflict and Aggression.* Portland, ME: J. Weston Walch, 1978.

Teaches students about how conflict originates and escalates and provides methods for dealing with it.

Kramer, Patricia, and Linda Frazer. *Dynamics of Relationships: A Prevention Program for Young People* ($27.80). *A Prevention Program for Teens* ($27.80). Equal Partners, 11348 Connecticut Avenue, Kensington, MD 20895. Second edition, revised 12/87.

Two editions, one for 4th - 7th graders and one for 8th - 12th graders, each with a teacher's manual. Focuses on prevention of social problems and crisis issues, such as teen pregnancy, suicide, drug and alcohol abuse, dropouts and violence, by assisting young people in the development of a strong sense of self worth to help build resistance to negative behaviors, more effective communication skills to handle anger and conflict on a safe level, and clearer and more realistic expectations about their roles in relationships and family life, gender roles, affection/touching, friendship and dating, love, marriage and parenting. The latter subjects are covered in the older teen program only. Program is developed to be implemented on a regular basis in the classroom or other setting. Format is a reader with discussion questions. Includes many personal issues not found in other curricula, i.e. power, jealousy, kinds of love, and affection/touching. Soft cover bound format. 123 pages (elementary text), 322 pages (secondary text). Book 1 of 2.

Neidhardt, E.J., and I.S. Lee. *Stress Management Workbook.* Vancouver, British Columbia: Western Center for Preventive and Behavioral Medicine, Inc., 1982.

A program for helping senior high school students cope with stress. Physical relaxation and mental exercises such as visualization, clearing and thought stopping are included in the program. Student Workbook and Teacher Guide.

Southern California Coalition on Battered Women. *Skills for Violence-Free Relationships: Curriculum for Young People Ages 13-18.* ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061. (408)438-4060. $18.95.

Developed for teachers, shelter workers and youth advocates to stimulate teenagers to

confront misinformation about battering in intimate relationships. Teaches the whys of domestic abuse and teaches skills to make it less likely that they will be abused. Can be used as primary prevention. Suggested that 3-4 classroom periods of 45 minutes each is adequate to present the material. Information includes: defining battering, values about women, alcohol and control, how to help, cycle of violence, handling emotions, conflict resolution, support networks and defining roles in relationships. Primarily a discussion format with background information included for facilitator. 88 pages. Softbound format.

SOFTWARE

Teenage Stress Profile. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This computer program provides a comprehensive profile of what areas in a teenager's life are most stressful. It also identifies physical and psychological symptoms of stress that the teenager may be experiencing and evaluates the vulnerability of a teenager to stress. The program can be used alone or under the direction of a counselor. After the teenager answers several sets of questions, the computer outlines specific problems that he/she is experiencing and makes suggestions on how to deal with the problems.

VIDEOS

American Health: The Relaxed Body (60 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This anti-tension video workout was created by American Health *magazine. Segments include the tension trail road map, effects of stress on the body and anti-tension workouts (breathing, relaxation, headache healers).*

Andrea: A Friend in Need (34 minutes). NEWIST/CESA #7, IS 1110, Green Bay, WI 54301. (414) 465-2599.

Andrea was sixteen when she committed suicide. Her friends and mother talk about Andrea, how she warned them, how they might have stopped her if they had known. They offer thoughts to help others realize that suicide is not the answer.

Coping: Ways to Handle Stress I (28 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

The viewer is taken to a stress workshop and stress support services in three Iowa towns. Counseling, training, participation, support, assessment, education and action are detailed as effective means for coping with stress. Emphasis on community/group support.

Coping: Ways to Handle Stress II (28 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This video focuses on family stress brought on by financial problems, children, lack of communication and serious illness. Viewers observe a family conducting a family council. A human development specialist comments on this and other means of coping with stress. Local groups and agencies that help families through stress-related problems are also visited.

Stress Management Series. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

A comprehensive set of video programs for both group and individual viewing. Covers stress relief techniques, health, nutrition, exercise and recreation, progressive relaxation, self-hypnosis, meditation, and stretching and realignment exercises. Viewers will be able to create their own workable stress management programs.

Teens Dealing with Stress (23 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Teenagers talk about what causes them stress (parents, friends, school, worrying about the future) and what they do to relieve that stress. The value of seeking professional counseling and attending drug and alcohol rehabilitation programs is also discussed.

Values for Dating (58 minutes). CESA #11, P.O. Box 728, Cumberland, WI 54829.

Subjects covered include pressures, traditional values, love and friendship, and couples in love.

LEARNING SKILLS

BOOKS AND ARTICLES

Cudaback, Dorothea J., and Nancy S. Dickinson. *From Pregnant Teen to Parent: Does Reading Help?* Berkeley, CA: University of California Cooperative Extension, 1986.

A research report on pregnant teens and young mothers study.

Mayer, Barbara. *The High School Survival Guide: An Insider's Guide to Success.* Lincolnwood, IL: National Textbook Company, 1986.

In this guide, the author discusses problems of work loads; social adjustments; responsibility to self, parents, guardians, school and civil authorities; as well as the problems of sexual, social, physical and economic adjustment required of students at this age. Case studies serve as informative examples.

SOFTWARE

Effective Study Skills. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

This program helps determine how each student learns most effectively. The results are then used to offer instructional presentations based on individual needs. Students can maximize study efforts by capitalizing on their best learning styles. Two reading levels, grades 2-3 and 5-6. Interest level, grades 5-12.

Improving Your Memory. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

Students enjoy the challenge of increasingly difficult memory exercises by using a variety of general and specific memory methods. This seldom-taught subject covers infrequently used visual memory techniques including the use of the five senses to remember facts. Two reading levels, grades 2-3 and 5-6. Interest level, grades 5-12.

Learning Improvement Series. Microcomputer Educational Programs. MCE Inc., 157 S. Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

Four-part series to help the student learn to make the most of study time and enjoy better test scores. The series includes effective study skills, improving your memory,

following written directions and strategies for test taking. Two reading levels, grades 2-3 and 5-6. Interest level, grades 5-12.

Lost R — Reasoning. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

Designed specifically for secondary students, this program provides the reasoning skills necessary for effective learning and daily living. Reading level, grades 2-3. Interest level, grades 5-12.

Mind Castle I. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

An adventure format encourages students to develop and use logic and reasoning skills. Students explore fascinating rooms in a Victorian castle by solving challenging logic problems and puzzles, and seek a hidden treasure. Reading level, grades 3-6. Interest level, grades 4-10.

Mind Castle II. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

This more advanced logic program presents an exciting castle adventure as students seek to solve complex logic and reasoning problems by climbing to the tower, using thinking skills every step of the way. Reading level, grades 6-7. Interest level, grades 6-12.

Problem Solving Process. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI, 49007. (800)421-4157, (616)345-8681.

Students practice analyzing and checking everyday math problems. Through the interactive mode of the program, students apply their knowledge to real life math situations. Three reading levels, grades 2, 3-4, and 5-6. Interest level, grades 4-12.

Reasoning: The Logical Process. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI, 49007. (800)421-4157, (616)345-8681.

Students develop and refine their reasoning skills to solve problems, make decisions and critically analyze statements. Interactive responses cover a variety of reasoning situations including formal logic, premises and conclusions. Reading level, grades 6-7. Interest level, grades 6-12.

Skills for Successful Test Taking. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI, 49007. (800)421-4157, (616)345-8681.

Prepare for achievement tests and entrance exams with this prescriptive instructional program. The pre-test based on standard test items determines which instructional segments the student sees and what information is presented. Reading level, grades 5-6. Interest level, grades 7-adult.

Solving Multiple-Step Problems. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI, 49007. (800)421-4157, (616)345-8681.

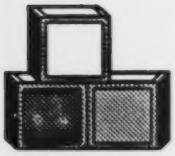
Algebraic concepts become more understandable with this program as students learn to apply simple algebraic equations to everyday situations. Three reading levels, grades 2, 3-4, and 5-6. Interest level, grades 4-12.

Strategies for Test Taking. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI, 49007. (800)421-4157, (616)345-8681.

This program addresses various test formats: true-false, multiple choice, fill-in-the-blank, short answer and even essay tests. Develops an understanding of how to prepare for tests, understanding test directions, and successfully taking tests. Two reading levels grades, 2-3 and 5-6. Interest level, grades 5-10.

Test Taking Made Easy. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI, 49007. (800)421-4157, (616)345-8681.

High interest, low-vocabulary program. Discussions and interactive learning activities cover how to prepare for tests and how to follow directions for true and false tests, multiple choice questions and fill-in-the-blank. Throughout the program, student responses are tabulated. A unique printout describes the individual student's areas of strength and weakness and makes suggestions for further growth. Reading level, grade 3. Interest level, grade 7-adult.



LIFE SKILLS MANAGEMENT

BOOKS AND ARTICLES

The Adult Education Company. *The Law and You.* New York, NY: Author, 1981.

Part of a life skills series, this book provides information about the law in simple and easy to understand terms. Emphasis includes both vocabulary and basic concepts.

Bland, Jana J., and Kathy S. *Living Skills for Pregnant Teenagers.* Portland, ME: J. Weston Walch, 1987.

The curricula is designed for the prospective mother and father as they cope with the pressures and responsibilities before and after the baby's birth. Coping skills for handling new responsibilities and difficult situations are emphasized. Stress, parenting, personal finance, health and nutrition are among the subjects included in the curricula. The curricula draws on a program for junior-high and high-school age girls that originated 10 years ago.

Bolles, Richard Nelson. *The New Quick Job-Hunting Map.* Berkeley, CA: Ten Speed Press, 1985.

Brewner, M., et al. *Life Skills, Attitudes in Everyday Living.* New York, NY: Educational Design, 1980.

Brookfield, Stephen D. *Developing Critical Thinkers — Challenging Adults to Explore Alternative Ways of Thinking and Acting.* San Francisco, CA: Jossey-Bass Inc., 1987.

Children in Need: Investment Strategies for the Educationally Disadvantaged. New York, NY: Research and Policy Committee for Economic Development, 1987.

Hotel/Motel Wordcards. Hayward, CA: 1983.

This book is composed of flashcards with words frequently used at hotels and motels. The cards are designed to help individuals who have difficulty reading become familiar with the words. A list of activities and games that use the cards are also included.

How To Do Your Banking - Your Guide to Financial Institutions and the Services They Provide. Milwaukee, WI: Bank One Wisconsin Corporation, 1989.

Kosuth, Joan, and Sandy Minnesang. *Choices: A Course in Personal Decision Making.* San Diego, CA: The Wright Group, 1980.

A teacher's guide to exercises for promoting students' growth in effective communication, personal decision making, career development and values clarification. Student materials are included at the end of the guide. For high school students.

Lindsay, Jeanne Warren. *Teenage Marriage: Coping With Reality.* Buena Park, CA: Morning Glory Press, 1985.

Magid, Renee Y. *When Mothers and Fathers Work: Creative Strategies for Balancing Career and Family.* New York, NY: AMACOM, 1987.

This book pinpoints the major roadblocks working families face and offers answers. Step-by-step guidance on looking for reliable childcare, negotiating a more flexible work schedule and managing your time more efficiently.

Make A Life For Yourself: A Booklet For Teens About Life Planning. Washington, D.C.: The Center For Population Options, 1989.

Mayer, Barbara. *The High School Survival Guide: An Insider's Guide to Success.* Lincolnwood, IL: VGM Career Horizons, 1986.

In this guide, the author discusses problems of work loads; social adjustments; responsibility to self, parents, guardians, school and civil authorities; as well as the problems of sexual, social, physical and economic adjustment required of students at this age. Case studies serve as informative examples.

Napoli, T. *First Aid & Home Safety.* Belmont, CA: David S. Lake Publishers, 1985.

This book provides basic information about first aid procedures and home safety precautions. Each chapter describes a simple first aid procedure with exercises at the end of each chapter to review the information.

On Being 18: Your Legal Rights and Responsibilities. Madison, WI: Wisconsin Bar Foundation.

Phillips, M. *Crime and the Law: A Look at the Criminal Justice System.* Syracuse, NY: New Reader Press, 1981.

This book provides basic information about criminal law in simple and easy to understand terms. Discussion focuses on basic concepts and vocabulary.

Phillips, M. *Getting Health Care.* Syracuse, NY: New Reader Press, 1980.

This book provides practical information about shopping for health care. The author emphasizes prevention and getting a second opinion.

Royce, S., and C.R. Miller. *Community Services.* Belmont, CA: Pitman Learning, Inc., 1980.

This book provides information about community services in simple and easy to understand terms. It is designed to be used with adults or youth who have difficulty reading.

Schwartz, A.K., and D. Guth. *Eating right.* Saint Michaels, MD: Miles River Press, 1982.

This book provides basic information about proper nutrition. Guidelines are given to develop a healthy food plan.

Schwartz, A.K., and D. Guth. *Keeping Fit.* Saint Michaels, MD: Miles River Press, 1982.

This book is about the importance of getting in and staying in shape. Guidelines are given to develop a fitness plan.

Schwartz, A.K., and D. Guth. *Looking Good.* Saint Michaels, MD: Miles River Press, 1982.

This book discusses the importance of good grooming habits. Step-by-step procedures are demonstrated for skin care, dental care and hair care, to name a few.

Single Mothers' Handbook. Mount Dora, FL: Kidsrights.

Hundreds of practical suggestions on time management, creative parenting, sex and companionship. From the Stress and Families Project at Harvard University.

Starkey, C. M., and N.W. Penn. *What You Need to Know About Getting a Job & Filling Out Forms.* Lincolnwood, IL: National Textbook Company, 1989.

Part of a life skills series, this book is designed to provide practical information and experience on filling out forms and getting a job. Real life examples of forms are included in the book.

Successful Single Parenting. Mount Dora, FL: Kidsrights.

A practical and supportive guide for single parents that covers how to find a new job, a new home, and make new child-care arrangements. Also includes how to manage the family budget, help the kids adjust and much more.

Williams, Art. *Common Sense: A Simple Plan For Financial Independence.* Atlanta, GA: Parklake Publishers, Inc., 1986.

The 10-step plan covers strategies for saving and includes advice on life insurance and IRA's.

CURRICULUM MATERIALS

Abrams, Grace C., and Fran C. Schmidt. *Activities For Exploring Conflict and Aggression.* Portland, ME: J. Weston Walch, 1978.

Ansell, D. I. *The Guidebook to Making It On Your Own.* Richmond, VA: Virginia Commonwealth University, 1983.

This guidebook is designed to accompany a workbook for adolescents called Making It On Your Own. *The guidebook is for use by the parent or professional as an aide in presenting material from the workbook. Extra activities and exercises that can be used with individuals or groups are included in the guidebook.*

Bayless, L.K. *The Road to Independent Living: A Handbook for Adults.* Ft. Lauderdale, FL: American Foster Care Resource, Inc., 1986.

This handbook is designed to be used with The Road to Independence: A Guidebook for Independent Living. *It provides practical information and resources for people working in developing independent living skills in teenagers. Activities and exercises that can be used with an individual teen or a group of teens are included in the book.*

Bingham, Mindy, et al. *Instructor's Guide for Choices and Challenges.* Santa Barbara, CA: Advocacy Press, 1984.

Bingham, Mindy, and Sandy Stryker. *Instructor's Guide for Choices, Challenges, Changes, and More Changes.* Santa Barbara, CA: Advocacy Press, 1987.

This instructor's guide accompanies four student books: Choices *and* Challenges, *for junior and high school students,* More Choices *for high school and college re-entry students, and* Changes *for college re-entry, displaced homemakers, career and life planning classes. The guide illustrates how to use the exercises in different combinations with the books. It also shows how to apply the exercises to different curricula (math or English classes, as examples), lesson plans and discussion outlines.*

Bingham, Mindy, and Sandy Stryker. *More Choices: A Strategic Planning Guide for Mixing Career and Family.* Santa Barbara, CA: Advocacy Press, 1987.

Bingham, Mindy, and Sandy Stryker. *Workbook - For the Text: More Choices: A Strategic Planning Guide for Mixing Career and Family.* Santa Barbara, CA: Advocacy Press, 1987.

Bingham, Mindy, Sandy Stryker, and Judy Edmondson. *Choices: A Teen Women's Journal for Self-Awareness and Personal Planning.* Santa Barbara, CA: Advocacy Press, 1983.

Bingham, Mindy, Sandy Stryker, and Judy Edmondson. *Workbook - For the Text: Choices: A Women's Journal for Self-Awareness and Personal Planning.* Santa Barbara, CA: Advocacy Press, 1987.

Bland, Jana J., and Kathy S. Smith. *Living Skills for Pregnant Teenagers.* Portland, ME: J. Weston Walch, 1987.

Bright Ideas. Menomonee Falls, WI: HOPE Network.

Hints to help stretch time, money, and energy. Includes tips on activities, parties, and clothes for children; home decorating; foods; home maintenance; household hints; and car maintenance.

Casey, Sean, et al. *Life Planning Education - A Youth Development Program.* Washington, D.C.: Center for Population Options, 1985.

A guide for adolescents to prepare them for a career and to broaden their understanding about their sexuality and the choice of parenthood. Chapters in the guide focus on self-esteem, values, goal setting, decision-making, parenthood, employment and communication.

Dartmouth College. *Options: A Career Development Curriculum for Rural High School Students.* Newton, MA: The Women's Educational Equity Act Publishing Center, 1980. $137.50 (Total Package).

Developed to be useful to males and females in rural areas, it contains four units: 1) Understanding People in Our Area — focusing on life in rural localities, 2) Decision-making — identification of skills to exercise control over time and activities, 3) Life Planning — utilizing case studies and simulation techniques to teach students to plan futures and practice response to possible problems, and 4) Juggling Act — which uses case studies to apply skills in solving realistic life problems. Options *was designed to be used as a core 9-12 week course, but can be used in other ways. Teacher guide for each lesson. Comes with ditto masters for duplication of exercises. Also can purchase an Options game that presents real life situations to exercise decision-making skills and can be used with four different age groups. 400-500 pages in length. Looseleaf format.*

Gassman, Roberta, and Nancy Deutsch. *Increasing Options Through Life/Work Planning.* Madison, WI: Wisconsin Dept. of Public Instruction, 1986.

Hunt, Margaret. *Life Skills For Women in Transition, A Workshop Guide.* Newton, MA: WEEA Publishing Center, 1982.

This guide furnishes the plans for a workshop on life skills for women in transition. Materials for the participants are provided under a separate cover. The curricula covers six topics: starting out, education, career exploration, job seeking, on the job and family communication.

Kaser, Joyce S., and Althea C. Frazier. *Juggling Lessons: A Curriculum for Women Who Go to School, Work, and Care for Their Families.* Andover, MA: The Network Inc., 1989.

Designed for women with multiple roles and responsibilities who are reentering school. Materials include a student workbook and an instructor's guide.

Kosuth, Joan, and Sandy Minnesang. *High School Choices: Organizing and Teaching A Course In Personal Decision Making - Teacher Guide and Student Reproducibles.* San Diego, CA: The Wright Group, 1980.

Kramer, Patricia. *The Dynamics of Relationships.* Kensington, MD: Equal Partners, 1987.

A comprehensive curriculum for helping teens cope with their lives and look more optimistically to the future. The 21 topics of the curriculum range widely: examples include self-esteem, communication, conflict, affection and touching, expectations, single life, selecting a partner, power, parenting and dual income marriage. Addendums cover sexuality and alternative lifestyles. A glossary, teacher activities, and lists of resources are included at the back of the guide.

Life Quest: A Human Relations and Life Planning Curriculum. Seattle, WA: Seattle Indian Center, 1987.

Modules in this curriculum include developing a personal support system, increasing self-esteem, personal health, personal safety, communicating effectively, setting goals, managing time and knowing my options. Each of the modules includes a variety of student activities, affirmations and creative visualizations. Some of the materials and the curriculum perspective are directed to the student as a Native American. The breadth of the curriculum makes it suitable for students of any background.

Promoting Self-Esteem In Young Women, A Manual for Teachers. Albany, NY: The University of the State of New York, The State Department of Education.

The Road to Independent Living: 1) Handbook for Adults, 2) Guidebook for Teenagers, 3) Managing Anger: A Workbook for Teenagers. American Foster Care Resources, P.O. Box 271, King George, VA 22485. $3.95 and $4.95.

Developed for social workers, foster parents and volunteers working with teens in foster care to prepare teens for a more self-sufficient independence. The Handbook for Adults *is meant to increase knowledge about the needs of teens and effectiveness in working with teens as well as planning activities to help teens plan for careers, daily living and relationships. The* Guidebook for Teenagers *is a workbook that can be used individually or in a group. Modules include: 1) identifying and planning goals, 2) daily living skills, 3) career development, 4) job searches, 5) maintaining employment and 6) building relationships with family and friends.* Managing Anger *is a workbook for teens to use to identify anger and learn skills to manage their own anger and the anger of others. Theories of anger are described and the uses of anger by different types of people are also discussed. Skills presented are defusing techniques and negotiating skills. Soft cover. 40-70 pages each.*

Secondary Home Economics Series - Book 4 - Family Living: Puzzles, Games and Individual Activities. Wilkinsburg, PA: Hayes School Publishing Co., Inc., 1983.

Successful Life Skills Curriculum Single Parents and Homemakers Facilitator's Guide. Lansing, MI: Michigan Department of Education, Vocational and Technical Education, 1989.

"Self-awareness is the heart of the curriculum, and personal power is the overall goal of the curriculum," according to the Facilitator's Guide. The topics in the Michigan program, each with student handouts, cover self-awareness, health/wellness, parenting, communication, relationships, resource management and personal power.

SOFTWARE

Cash Versus Credit Buying. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

Students learn to cope with situations requiring important money-saving decisions by learning the advantages and disadvantages of cash and credit purchases and then using this knowledge to make their own decisions. Three reading levels, grades 2, 3-4 and 5-6. Interest level, grades 7-12.

Communication Skills. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

This new program prepares students for working with people. When students understand their responsibilities for a conversation, they'll learn to analyze their own actions. Then they'll begin to build their own communication skills. Reading level grades 4-5; interest level grade 6 to adult.

Comparative Buying Series. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

Help your students develop skills for smart shopping as they progress from simple comparative analysis to more advanced concepts such as credit buying. This series is an excellent learning tool for junior high and for older students with learning problems. Three reading levels, grades 2, 3-4, and 5-6. Interest level, grades 7-12.

Credit: The First Step. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

Help your students better understand the complex issues involved in the use of credit — its advantages, responsibilities and dangers. Students are guided through the process of filling out a loan application. The program helps students realize the importance of their work experience, credit history and financial obligations. Reading level, grade 4. Interest level, grade 9 to adult.

Financing a Car. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

This easy-to-use program teaches students about credit and purchasing. In one part of the program, students analyze credit and payment options about an actual car purchase. Two reading levels, grades 2-3 and 5-6. Interest level, grades, 7-12.

First Aid. QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908 (800)232-2224.

A comprehensive 35-disk tutorial with color graphics and reproducible materials. Each program includes a vocabulary disk and a post-test disk.

Following Written Directions. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

Students will learn the importance of following directions by reading, analyzing and organizing information. Two reading levels, grades 2-3 and 5-6. Interest level, grades 5-12.

Fourth R — Reasoning. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

An introduction to logic at the elementary level, this interactive program shows students how to examine facts and stretch their reasoning ability. Concepts are introduced and then reinforced through solving imaginative problems and puzzles. Bright graphics hold interest while students learn inductive and deductive logic. Reading level, grades 3-6. Interest level, grades 4-10.

Insurance: Sorting It All Out. Microcomputer Educational Programs. MCE Inc., 157 S. Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

Introduced with a personalized assessment of the student's insurance needs. Students learn about auto, health, life, and property insurance and make appropriate buying decisions. Reading level, grades 5-6. Interest level, grade 6 to adult.

Managing Your Time. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

The importance of scheduling is reinforced as students learn to eliminate time-wasting habits and develop productive daily schedules. Two reading levels, grades 2-3 and 5-6. Interest level, grades, 6-12.

Money Management: Basic Math Skills Test. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Ste. 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

This diagnostic assessment program tests basic computational skills using a money format and provides the educator with a prescriptive error analysis. Reading level, grades 2-4. Interest level, grades 4-12.

Money Matters. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI 49007. (800)421-4157, (616)345-8681.

This program is designed to improve students' knowledge of, and ability to use, coins and bills. Students will understand why we use money. They'll identify coins and bills, become adept at counting money, and learn to make change. Full-color graphics. Reading level, grade 2. Interest level, grade 1 to adult.

Understanding Contracts. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI, 49007. (800)421-4157, (616)345-8681.

Familiar situations leading student to clearer understanding of contracts. Most business transactions, as well as some social transactions, require contracts. The student learns about the rights and responsibilities for contracts in buying, selling, borrowing and renting. Reading level, grades 5-6. Interest level, grade 9 to adult.

Understanding Sales Buying. Microcomputer Educational Programs. MCE Inc., 157 South Kalamazoo Mall, Suite 250, Kalamazoo, MI, 49007. (800) 421-4157, (616) 345-8681.

After learning valuable concepts about sales, students create their own computer-assisted budget designed to help determine what a real sale is and how to take advantage of their purchasing power. Three reading levels, grades 2, 3-4, and 5-6. Interest level, grades 7-12.

VIDEOS

Communicating (28 minutes). Dr. Jessie Potter. Sterling Productions, Inc, 1609 Sherman, Suite 201, Evanston, IL 60201. (312)475-4445.

Dr. Jessie Potter combines humor, sensitivity, and information on the common problems that arise when we try to communicate with one another and some solutions to these problems. For adults and high school age.

First Things First (30 minutes). Bill Wadsworth Productions, 1913 West 37th Street, Austin, TX 78731. (512)478-2971.

A story about teenage relationships. Includes responsibilities, decision making, peer pressure and responsible behavior. For middle and high school.

Killing Us Softly: Advertising's Image of Women (30 minutes). Cambridge Documentary Films, Inc., P.O. Box 383, Cambridge, MA 02139. (617)354-3677.

Based on a multi-media presentation created by Jean Kilbourne, this film uses hundreds of ads from magazines, newspapers, album covers and storefront windows to show how a $40 billion industry preys on the fears and insecurities of every consumer in America. Through years of research, Jean Kilbourne has detected the psychological and sexual themes that appear in most ad campaigns and has edited her findings into a highly

visual and exciting commentary on the distortions and manipulations that advertisers use to peddle billions of dollars worth of cosmetics, "hygiene products," drugs, and consumer items. With a mixture of fact, insight, humor, and outrage, Ms. Kilbourne presents a convincing case that although ads may seem harmless or funny by themselves, they add up to a powerful form of cultural conditioning — and their message is deadly serious.

Liking Yourself With No Strings Attached: Self Esteem. Vancouver, WA: Career Development Software, Inc., 1990.

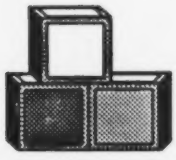
Making Responsible Decisions (30 minutes). Marion Howard, Ph.D., P.O. Box 26158, Teen Services, Grady Memorial Hospital, 80 Butler Street, SE, Atlanta, GA 30335.

Power of Choice. San Francisco, CA: Michael Pritchard, 1988.

Self Esteem. San Francisco, CA: Michael Pritchard, 1988.

Sex. San Francisco, CA: Michael Pritchard, 1988.

Teenage Parents/Making It Work. Madison, WI: Vocational Studies Center.



MENTORING

BOOKS AND ARTICLES

Berard, B., et al. *Hand in Hand: Mentoring Young Women, Guide for Planning, Implementing and Evaluating a Mentoring Program.* Newton, MA: Women's Educational Equity Act Publishing Center, 1988.

Book one of a three-book series, this manual provides information for establishing a mentoring program for young women between schools and businesses. A step by step guide takes the reader from the initial planning stage to evaluating the program. Also included in the book are guidelines for training the mentors and descriptions of two successful mentor programs.

Berard, B., et al. *Hand in Hand: Mentoring Young Women, Ideabook for Mentors.* Newton, MA: Women's Educational Equity Act Publishing Center, 1988.

Book two of a three-book series, this book is a training guide for mentors, designed to be used with the mentor training session outlined in Book 1 of this series. The book discusses skills and activities that are used by mentors.

Berard, B., et al. *Hand in Hand: Mentoring Young Women, Student Career Journal.* Newton, MA: Women's Educational Equity Act Publishing Center, 1988.

Book three of a three-book series, this book is designed as a workbook for students participating in mentoring programs. The information and activities in the workbook parallel the Ideabook for Mentors, *book 2 of the series.*

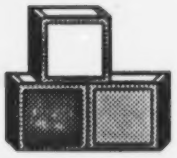
Bingham, M., and Stryker, S. *Women Helping Girls with Choices: A Handbook for Community Services Organizations.* Santa Barbara, CA: Advocacy Press, 1989.

This manual is a resource for women helping younger women make choices about their future careers and family life. The manual provides basic and specific information on direct service projects and advocacy projects. Types of information included in the manual are promotional materials, speeches, handouts, timelines and agendas. The manual explains how to get projects started, how to promote the projects, how to raise funds, and provides examples of successful projects.

Daloz, L. *Effective Teaching and Mentoring: Realizing the Transformational Power of Adult Learning Experiences.* San Francisco, CA: Jossey-Bass Publishers, 1986.

The primary purpose of this book is to offer new perspectives for understanding adult learners and to suggest in concrete and practical ways, based on current developmental

theory, how we can work more effectively to improve the quality of their educational experience. This book has emerged from the lengthy case study of one student - one teacher relationships. Using the central metaphor of a transformational journey, it derives a number of principles for enriching instruction and revitalizing the advising process so that the growth and development of students can take its place as the proper aim of education.



PARENTING & CHILD DEVELOPMENT

BOOKS AND ARTICLES

A Developmental Checklist for Parents — 1 Month - 12 Months. Stevens Point, WI: Early Childhood Program, Dept. of Special Education.

A Developmental Checklist for Parents — 9 Months - 18 Months. Stevens Point, WI: Early Childhood Program, Dept. of Special Education.

A Developmental Checklist for Parents — 15 Months - 48 Months. Stevens Point, WI: Early Childhood Program, Dept. of Special Education.

Adolescent Family Life Demonstration Projects: Program and Evaluation Summaries. Washington, D.C.: U.S. Department of Health and Social Services, Public Health Service, Office of Population Affairs, January 1987.

This guide compiles summaries of 85 demonstration projects funded under the Adolescent Family Life Program (AFL). The AFL approach emphasizes family involvement; assisting parents to be the primary sex educators of their children; postponement of premature sexual activity; adoption as a positive alternative to early parenting; and comprehensive health, education, and social services for better pre-natal care and for the health of the infant and mother. The summaries are categorized by state according to the kind of services provided: care, prevention, or a combination of both.

Barre, Linda, and Catherine Monserrat. *Working with Childbearing Adolescents.* Mount Dora, FL: Kidsrights.

A 150 page, revised spiral-bound book for adults who work with childbearing adolescents. Chapters on developing a program for teenage parents, as well as implications of adolescent childbearing, intervention strategies, sources for free and inexpensive materials, charts and diagrams. Also includes complete lesson plans to accompany Teenage Pregnancy: A New Beginning.

Bavolek, Steven, and Juliana Dellinger Bavolek. *Nurturing Program for Parents and Children (Birth to Five Years Old).* Park City, UT: Family Development Resources, 1985.

Child Care Handbook. Washington, D.C.: Children's Defense Fund, 1982.

The pressing need for child care programs and the woefully inadequate resources to meet the need are described in the first part of the book. The second part describes a dozen model child care programs. The final section of the book addresses what advo-

cates can do to strengthen existing programs and to urge adoption of better policies toward child care.

Child Sexual Abuse Prevention, Tips to Parents. Washington, D.C.: U.S. Department of Health and Human Services, 1986.

Chilman, C. *Adolescent Sexuality in a Changing American Society: Social and Psychological Perspectives for the Human Services Professions.* New York, NY: John Wiley & Sons, 1983.

This book provides a foundation of knowledge and theory on such topics as adolescent growth, recent societal trends affecting adolescent sexual attitudes and behaviors, development of sexuality from infancy through the teenage years, factors associated with early intercourse and contraceptive use, and the causes and consequences of adolescent childbearing. Other chapters cover topics such as sexuality education and counseling, family planning services for young people, comprehensive programs for pregnant and parenting adolescents and implications of research for public policies. The final chapter offers cases of the different ways adolescents feel and behave about their developing sexuality.

Coordination Development: For Your Child — I Help My Child Learn To Use His/Her Body Well. Minneapolis, MN: Washburn Child Guidance Center, 1990.

Dad, It's Your Baby Too!!!. White Plains, NY: March of Dimes Birth Defects Foundation.

Developmental Checklist for Young Children Birth to 5 Years. Racine, WI: Association for Retarded Citizens of Racine County.

Dinkmeyer, Don, and Gary McKay. *Systematic Training for Effective Parenting.* Circle Pines, MN: American Guidance Service, Inc., 1976.

A training program designed to help parents understand their children's behavior. Through a study group approach, parents learn how to encourage their childrens' good behavior and how not to reinforce their unacceptable behavior. Curricula includes a leader's manual and the parents' handbook.

Dodson, Fitzhugh. *How To Single Parent.* New York, NY: Harper & Row Publishers, Inc., 1987.

Family and Adolescent Pregnancy. Washington, D.C.: U.S. Department of Health and Human Services, Office of Population Affairs, 1987.

This fact sheet reports research findings on the influence of family relationships on adolescent sexual behavior, pregnancy, and parenting. Studies summarized cover topics such as family structure, intergenerational influences, family relationships, parental communication about sexual matters, and family support for adolescent parents.

Furstenberg, F., Jr. *Unplanned Parenthood: The Social Consequences of Teenage Childbearing*. New York, NY: The Free Press, 1976.

This longitudinal study of young women in Baltimore examines the effects of adolescent parenthood. The study looks at issues such as marriage, additional children, schooling, career, and adaptation to parenthood. The implications of the study findings on social policy are covered as well.

Furstenberg, F., Jr., J. Brooks-Gunn, and S. Morgan. *Adolescent Mothers in Later Life*. New York, NY: Cambridge University Press, 1987.

This, the first longitudinal study on the impact of teenage pregnancy, is based on a 17-year follow-up from 1966 of adolescent mothers from Baltimore. This volume reports on the young mothers as they entered their thirties and on their children as they entered their middle teens. The chapters include a profile of the mothers, conditions that affect their adaptation to adulthood, and the mothers' relations with their children. The study findings are reviewed in the light of policy debates about appropriate strategies for the problem of adolescent fertility.

Garfunkel, I., and S. McLanahan. *Single Mothers and Their Children: A New American Dilemma*. Washington, D.C.: The Urban Institute Press, 1986.

This book assesses the impact and significance of the changes in domestic policy occurring under the Reagan administration and analyzes the critical economic and social issues facing the nation in the 1980s and beyond. The book covers problems of mother-only families, the increase in the number of mother-only families between 1940 and 1983, a review of American welfare policy from the colonial era to 1980, the Reagan policy initiatives and estimates of their effects, and a summary and recommendations.

Helping Baby Grow. Madison, WI: Wisconsin Department of Health and Social Services, Division of Health.

Infant Care: For Your Child — I Help My Baby Learn to Grow in Many Ways. Minneapolis, MN: Washburn Child Guidance Center, 1990.

It Shouldn't Hurt To Be A Child . . . But Sometimes It Does. Madison, WI: Wisconsin Department of Health and Social Services, Division of Community Services, 1986.

Jensen L., and M. Kingston. *Parenting*. New York, NY: Holt, Rinehart and Winston, 1986.

This book has six parts. Part I reviews some of the major historical and contemporary views of children and some of the most frequently cited parenting research. Part II introduces four of the main theoretical orientations present in child development texts: psychoanalytic, behavioral, cognitive development, and phenomenological theories. Part III explores a practical approach to successful parenting based on assumptions, theories, research, and the authors' own experimental ideas. Part IV introduces some of the major approaches to child discipline, behavior change, problem solving, and modeling and identification. Part V includes special situations which require additional insights, such as infancy and early development; handicapped, hyperactive, and mentally and emotionally hindered children; and emotional crises. Finally, Part VI deals with

parenting of the "less traditional" family units, such as single-parent, teenage-parent, stepparent, and foster-parent.

Lancaster, J., and B. Hamburg, eds. *School-Age Pregnancy & Parenthood: Biosocial Dimensions.* Hawthorne, NY: Aldine de Gruyter, 1986.

This book includes the life cycle and biological development of the adolescent; the emotional, cognitive, and sexual development of the adolescent; the historical and cultural perspectives on adolescent pregnancy; the economic impact of school-age child rearing; and child abuse.

Language Development: For Your Child — I Help My Child Learn To Listen & Talk Well. Minneapolis, MN: Washburn Child Guidance Center, 1990.

Lindsay, Jeanne Warren. *School-Age Parents: The Challenge of Three Generation Living.* Buena Park CA: Morning Glory Press, 1990.

Drawing extensively on interviews with adolescent mothers and their immediate and extended families, this book gives a personal view of the emotions faced by the family members, the practical problems involved, and clues for key aspects of positive solutions.

Marx, Fern. *The Role of Day Care in Serving the Needs of School-Age Parents and Their Children: A Review of the Literature.* Wellesley, MA: Wellesley College, Center for Research on Women, Paper No. 174, 1987.

An assumption of many adolescent parent programs is that a mother can only improve her economic well being if she continues her education, vocational training or work experience and delays subsequent births. Young parents trying to complete their education/vocational training or to gain work experience face the major obstacle of appropriate, acceptable and affordable care for their children. While some adolescent parents do have child care available within their family network, a significant number of young parents must drop out of school, training or work because this service is either unavailable, unacceptable or too costly. This publication reviews the literature which supports the need for day care and other services to young parents.

Murdock, Carol Vejvoda. *Single Parents are People, Too!* New York, NY: Butterick Publishing, 1980.

Nathanson, Madelaine, Allen Baird, and Jay Jemail. "Family Functioning and the Adolescent Mother: A Systems Approach." *Adolescence* 21(84) (Winter 1986).

Newman, B., and P. Newman. *Adolescent Development.* Columbus, OH: Merrill Publishing Company, 1986.

This book covers three themes: (1) the rapid achievement of new competencies, including physical, sexual, intellectual, emotional and social development; (2) the social contexts for adolescence including the family, neighborhood, work environment, high school and college; and (3) the mechanisms for adaptation and growth as adolescents attempt to cope with life challenges.

Ooms, T., ed. *Teenage Pregnancy in a Family Context: Implications For Policy.* Philadelphia, PA: Temple University Press, 1981.

This book focuses on the range of policies concerned with teenage pregnancy, from those aimed at prevention, such as sex education and family planning programs, to those providing health care, economic support and social services to the pregnant adolescent and young parent. The main emphasis is to help make policies more sensitive to families, on the basis that adolescents can best be understood and served within their family context. The book contains a chapter on black and Hispanic teenage pregnancy.

Parenting Education — Child Development States. Tulsa, OK: National Indian Child Abuse and Neglect Resource Center.

Parenting Education — Discipline Skills. Tulsa, OK: National Indian Child Abuse and Neglect Resource Center.

Parenting Education — Health and Hygiene. Tulsa, OK: National Indian Child Abuse and Neglect Resource Center.

Parenting Education — Parent-Child Communications. Tulsa, OK: National Indian Child Abuse and Neglect Resource Center.

Parents' Survival Tips. Madison, WI: Wisconsin Committee for Prevention of Child Abuse.

Pecoraro, Alice G. "Teen Pregnancy: Effect on Family Well Being." *Journal of Home Economics* 79(1) (Spring 1987).

Self Esteem: For Your Child — I Help My Child Learn To Feel Good. Minneapolis, MN: Washburn Child Guidance Center, 1990.

Shaking: Warning!!! Shaking A Child May Result In Severe Injury Or Death. Madison, WI: Wisconsin Committee for Prevention of Child Abuse.

Silber, Kathleen, and Phylis Speedlin. *Dear Birthmother.* San Antonio, TX: Corona Publishing Co., 1982.

This book discusses the myths that place barriers between adoptees and their birth parents, and between birth parents and adoptive parents. Openness and honesty are explored as alternatives to secrecy and the secret records of adoption.

Smollar, Jacqueline and Theodora Ooms. *Young Unwed Fathers: Research Review, Policy Dilemmas and Options.* Washington, D.C.: U.S. Department of Health and Human Services. U.S. GPO: 1988-202-109/94927

The summary report synthesizes the findings of papers commissioned for a symposium on the unwed father, held in Washington D.C. in 1986. The report identifies policy and program issues, dilemmas and options, and summarizes the questions needing further research.

Successful Single Parenting: A Guide to Building Teamwork and Communication With Your Children. Madison, WI: Vocational Studies Center, 1991.

Sugar, Max. *Adolescent Parenthood.* Jamaica, NY: Spectrum Publications, Inc., 1984.

This book looks at the large extended family and social and cultural groups that are affected by, and affect, adolescent females and males who become mothers and fathers. The four sections in this book deal with this interaction, the infant and its developmental risks, some current programs for adolescent parents, and the implications for programs.

Summary: Adolescent Family Life Prevention Curricula. Rockville, MD: Family Life Information Exchange, May 1987.

Summaries and contact information for 16 teenage pregnancy prevention curricula taught throughout the United States are included here. The curricula cover family communication and preventing adolescent sexual activity and pregnancy by emphasizing value-based instruction.

Summary: Adolescent Family Life Research Projects. Rockville, MD: Family Life Information Exchange, May 1987.

This document presents 38 summaries of research projects organized into the following categories: adolescent sexual behavior, adoption, adolescent pregnancy services, and adolescent pregnancy and parenting.

Teen Pregnancy Prevention Fact Sheet Series. Rockville, MD: SHARE Resource Center.

This continuing series of one page fact sheets provides general information and listings of publications and resources on: the SHARE Resource Center, Federal and non-Federal information sources, volunteering, mentoring, child support enforcement, teen pregnancy prevention, statistical information, nutrition, parent/child communication, adolescent health and pregnancy day care, acquired immune deficiency syndrome (AIDS), male responsibility, planning prevention programs, parenting, and the national scope of case management.

Teenage Pregnancy and Fertility in the United States: 1970, 1974, 1980: Regional and State Variation and Unintended Fertility. Atlanta, GA: U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control, Division of Reproductive Health, Program Evaluation Branch, August 1987.

This is an updated version of a report issued in 1978 which analyzed data on teenage fertility for the years 1960, 1970, and 1974. This report documents changes in teenage fertility from 1974 to 1980. It describes the epidemiology of teenage fertility (live births) in the United States, in each state and in each Health and Human Services Region by age, race, and marital status for the years 1970, 1974, and 1980. Pregnancy (live births plus induced abortions), fertility rates for sexually active teens, and estimates of intended and unintended teenage fertility are provided for the years 1974 and 1980.

Think You Know Something About Child Abuse? Questions and Answers. Chicago, IL: National Committee for Prevention of Child Abuse, 1987.

Trends: Adolescent Pregnancy, Abortion, and Childbearing. Rockville, MD: Family Life Information Exchange, May 1987.

This document presents data on sexual activity among adolescent girls and the rates of pregnancy, abortion and childbearing in this population. Statistical tables are presented with breakdowns in data for blacks vs. whites and for younger adolescents (under age 15) vs. older adolescents (age 15-19).

What Parents Can Do About Stress. Madison, WI: Wisconsin Department of Health and Social Services, Division of Community Services, 1984.

CURRICULUM MATERIALS

Bingham, Mindy, Lari Quinn, and William P. Sheehan. *Mother Daughter Choices — A Handbook for the Coordinator.* Santa Barbara, CA: Advocacy Press, 1988.

Challenges of Parenting Teenagers. Minnesota Curriculum Services Center, 3554 White Bear Avenue, White Bear Lake, MN 55110.

This publication provides the teaching information and curriculum for a course in parenting teenagers. Its objective, to help make the teen years easier on parents, is approached in two ways. The first way helps parents focus on their worth as individuals and assists them in disengaging, when necessary, from their growing teenage children. For the second way, parents learn basic information on the developmental changes within families who have teenagers and within the teens themselves.

Marriage and Family. Guilford, CT: Dushkin Publishing Group, Inc., 1987.

Schultz, Jerelyn B. *Parenting Today — A Teaching Guide.* Ames, IA: Iowa State University Press, 1984.

Using Marriage and Family in The Classroom. Guilford, CT: Dushkin Publishing Group, Inc., 1987.

VIDEOS

Heroes and Strangers: A Film About Men, Emotions and the Family (29 minutes). New Day Films, 22 Riverview Drive, Wayne, NJ 07470-3191. (201)633-0212.

Chronicles the attempts of two young adults, a man and a woman, to break through the silence with their fathers. The process not only significantly alters their personal relationships but reveals to the audience the complex social and economic forces affecting the role of men in the family.

Selecting Day Care for Your Child (70 minutes). American Association for Vocational Instructional Materials, 745 Gaines School Road, Athens, GA 30605.

This video helps parents formulate questions and answers about child care before placing their child in a facility. A checklist with the video helps parents consider all options before interviewing prospective child care facilities.

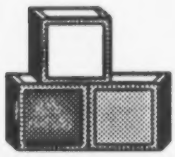
Single Parenting: A New Page in America's Family Album (30 minutes). NEWIST/ CESA #7, IS1110, Green Bay, WI 54301. (414)465-2599.

Our society has a two-parent system, but today a growing percentage of American households are headed by single parents. This film examines the lifestyles, problems and triumphs of today's single parents, male and female, as more men are granted custody of their children and some women are choosing to adopt or have children without being married.

Strong Kids, Safe Kids (42 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

Child abuse is a major concern today. This film teaches parents and children how to detect and protect against the many forms of child abuse. The film drives home the point in a friendly, nonthreatening way, using songs and favorite cartoon characters.

Words to Grow By: Birth to Three Years. Madison, WI: Wisconsin Department of Public Instruction, 1987.



SELF ESTEEM

BOOKS AND ARTICLES

Bower, Sharon Anthony, and Gordon H. Bower. *Asserting Your Self — A Practical Guide for Positive Change.* Reading, MA: Addison-Wesley Publishing Co., 1985.

In this complete step-by-step program for becoming more assertive, you'll learn skills for improving self-esteem, coping with stress and making more friends. In addition, you'll learn about "DESC scripts," a new technique for dealing with all kinds of interpersonal conflict.

Canfield, J., and H. Wells. *100 Ways to Enhance Self-Concept in the Classroom: A Handbook for Teachers and Parents.* Englewood Cliffs, NJ: Prentice-Hall, 1976.

This book contains 100 activity techniques which are designed to enhance a sense of identity and self-esteem in the classroom from kindergarten to college. It divides the activities into seven sections: Getting started; My strengths; Who am I?; Accepting my body; Where am I going?; The language of self; and Relationships with others.

Chiu, L. H. *Self-Esteem Rating Scale for Children (SERSC).* Kokomo, IN: Division of Education, Indiana University.

Clark, A., H. Clemes, and R. Bean. *How to Raise Teenagers' Self-Esteem.* Los Angeles, CA: Price Stern Sloan, Inc, 1980.

Written for the adult who is working with teenagers, this book provides suggestions for creating an environment where self-esteem is valued. Specific discussion is focused on the following areas: a sense of connectedness, uniqueness, power and role models.

Culture-Free Self-Esteem Inventories (SEI). Seattle, WA: Special Child Publications.

Esteem Line: Sharing a Concern for the Self-Esteem of Young People. Newsletter published three times a year by Timberline Press, P.O. Box 70071, Eugene, OR.

Hall, Burnis, and Sue Taylor. *Comparison of the Self-Concept and Self-Esteem Among Pregnant Adolescent Girls and Their Nullipara Peers.* Washington, D.C.: U.S. Department of Education, Office of Educational Research and Improvement, 1984.

Inferred Self-Concept Scale (ISCS). Los Angeles, CA: Western Psychological Services.

Murdock, Carol Vejvoda. *Single Parents Are People Too: How to Achieve a Positive Self-Image and Personal Satisfaction.* New York, NY: Butterick Publishing, 1980.

Advice from professionals and other single parents on managing your life as a single parent. Chapters include tips on saving time, making money, stretching dollars, sustaining a support system, social life, fathers with custody and the rewards of single parenting.

Piers-Harris Children's Self-Concept Scale (CSCS). Los Angeles, CA: Western Psychological Services.

Rosenberg Self-Esteem Scale (RSE). Princeton, NJ: Princeton University Press.

Sanford, Linda Tschirhart and Donovan, Mary Ellen. *Women & Self-Esteem — Understanding and Improving the Way We Think and Feel about Ourselves.* New York, NY: Viking Penguin Inc., 1986.

Focusing on the impact of a poor self image on women's lives, this book raises thought-provoking questions and offers suggestions on what women can do to improve their self-esteem and take control of their lives.

Streetman, Lee G. "Contrasts in the Self-Esteem of Unwed Teenage Mothers." *Adolescence* 22(86) (Summer 1987).

Toward a State of Esteem: The Final Report of the California Task Force to Promote Self-Esteem and Personal and Social Responsibility. California State Department of Education, 1990.

According to the California Task Force to Promote Self-esteem and Personal and Social Responsibility, self-esteem is defined as "appreciating my own worth and importance and having the character to be accountable for myself and to act responsibly toward others". Based upon this definition, the Task Force developed recommendations to boost self-esteem in the following areas: the family, teenage pregnancy, child abuse, education and academic failure, drug and alcohol abuse, crime and violence, poverty and chronic welfare dependency and the workplace. The Task Force also provides some key principles for developing self-esteem in ourselves, in others and in our community.

Whitlock, K., ed. *To Be a Leader: Skills in Group Leadership for Teenagers.* Philadelphia, PA: Planned Parenthood Southeastern Pennsylvania, 1983.

This booklet is written by teens for other teens. Developed by The Teen Advisory Committee of Planned Parenthood, it provides practical information and describes skills needed by teenagers in leadership positions, especially in the areas of sexuality and teen health issues. Also included in the booklet is a small annotated bibliography on sexuality issues.

CURRICULUM MATERIALS

Bershad, Carol, and Nancy DiMella. *Changer and the Changed: A Working Guide to Personal Change.* ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830. (408)438-4060. $11.95. Faculty Handbook, $14.95.

Developed for teens, both male and female. Has attached list of additional resources geared for the teen on common teen problems, i.e. family problems, loneliness, self-protection. Focus is on looking at your life, what you like and what you don't, identifying your values and defining problem behaviors that prevent you from reaching your goals, and developing a plan and supportive environment for change. Focus is on eliminating negative self-back talk and specific behavioral changes. Orientation is on personal behavior, not a career focus. A teacher/leader's guide is also available. 140 pages. Softbound workbook. Leader's guide is looseleaf.

Elkins, D. *Teaching People to Love Themselves: A Leader's Handbook of Theory and Technique for Self-Esteem and Affirmation Training.* Rochester, NY: Human Relations Consultants and Publishers, 1983.

This book describes theoretical backgrounds for the function of self-esteem and the need for its development in both schools and in counseling groups. Most of the book provides activities and techniques which help people learn to love themselves and each other in a group. Examples of these activities and techniques include raising self-esteem; the affirmative model; designs for self-esteem laboratory education; structured experiences; and self-esteem for minority groups.

Florida State University. *Fair Play: Developing Self-concept and Decision-making Skills in the Middle School.* Newton, MA: Women's Educational Equity Act Publishing Center, 1983. $74.50

Developed accomplish several tasks: to improve and expand male and female middle school students' self-concepts; to help them learn to make decisions and learn basic skills in language arts, math, science, social studies and physical education with more self-confidence; to teach them to connect subject matter and occupational opportunity; and to help them overcome the fear of success. Consists of six sections and an implementation manual. Information includes: Decisions and You (personal and group decision-making), Decisions about Roles (how roles change over time and choice of roles), Decisions about Language (compares male and female language), Decisions about Mathematics (economic and career related male/female issues), Decisions about Science (male/female behavior related to genetics and environment) and Decisions about Physical Activity (improving fitness skills and attitudes toward physical activity). Each unit has a student text and teacher guide. Each unit is designed to take 4-6 weeks classroom time. Can also be structured to be presented over the three middle school years. Spiral-bound. Each unit can be ordered separately.

Frank, L.S. *Adventure in the Classroom: A Stress/Challenge Curriculum.* Madison, WI: Madison Metropolitan School District, 1988.

The philosophy of Stress/Challenge is that by learning to take risks and by challenging oneself, new and unexpected opportunities become available to us. This manual takes

this philosophy and integrates it into a curriculum of activities that can be used in the classroom. Examples of these activities include ice breakers, trust-building activities, communication activities and decision-making/problem solving activities.

Gray, Mattie Evans. *Images: A Workbook for Enhancing Self-Esteem and Promoting Career Preparation.* Sacramento, CA: Circle Project, California State University of Sacramento, 1988. $8.75.

Images has been developed to promote career choices and a positive sense of self for adolescent black women, in particular. Based on the Choices model, information includes the search for self, being assertive, work choices, traditional and non-traditional careers, taking responsibility for self, marriage and children, and defining your own success. Interspersed throughout the workbook are information pieces and photos of role models. Guide and supplementary workbooks are not available. 185 pages. Workbook format.

Increasing Options Through Life/Work Planning: For Teachers and Counselors to Use with Young People Ages 13-18. Madison, WI: Department of Public Instruction, revised January 1991. No charge.

Developed to help participants examine personal and social attitudes, gain increased knowledge and develop the skills necessary for life/work planning. The focus is on experiential and participatory activities. Presented in 10 modules, 1-4 being suitable for grades 7-8 and the entire packet for use by 9-12 graders. 28 hours of classroom activities. Reflects race, sex and ethnic diversity. Includes additional resources to use with each module. Information includes: who am I, exploring expanded life roles, identifying skills, relating values to employment, and recreational activities and setting life goals. 139 pages. Softbound workbook format.

Jacobs, M., B. Turk, and E. Horn. *Building a Positive Self- Concept: 113 Activities for Adolescents.* Portland, ME: J. Weston Walch, 1988.

This book is designed to be used by teachers to create an environment where students develop a positive self-concept of themselves. The activities described in this book are divided into four different sections: 1) getting to know other, 2) getting to know yourself, 3) getting to like yourself, and 4) getting ready for the future. The activities are designed in a way that they can be used at any time, for any subject, and they do not build upon each other.

Latino Family Life Education Curriculum Series. Network Publications. $14.95 for each volume.

Developed to include Latino families in the discussion of family and sexuality in the public schools, this series promotes strengthening of self-esteem and self-concept to help develop skills that can improve the quality of life. This unit reinforces cultural identity and also provides educators with information about the Latino family. It includes cultural sayings and cultural stories to reinforce values, features Spanish language usage and has visualization exercises. Specific lessons are on differences, cultural ties, assimilation, role models, discrimination and everyday heroes and heroines. Workbook format. 177 pages each.

Life Planning Education: A Youth Development Program. Washington, D.C.: The Center for Population Options, 1985. $30.00.

Developed for males and females, the focus is on preparing adolescents for 1) the world of work, and 2) dealing with sexual and reproductive development, feelings and behaviors, and the interconnections between these two developmental facets. Presentation is for and 18 week program, with two weeks for each unit, but it can be used in one to nine week formats. Primary units are: 1) Who am I? — learning about selves, families, values, and influences, 2) Where Am I Going? — to assist in establishing goals related to future work and parenthood and provide encouragement, and 3) How Do I Get There? — increase knowledge in sexuality, planning for a family, job-seeking, and communication. Discusses methods of contraception and how to develop a resume. Includes many activities and self-questioning through the use of open-ended questions and role plays. 250 pages. Looseleaf format.

Promoting Self-Esteem in Young Women: A Manual for Teachers. State University of New York, State Education Department, Division of Civil Rights and Intercultural Relations, Albany, New York. (518)474-1265. Free.

Written for school personnel to assist in improving the achievement of "at-risk" girls. The first section gives an overview of self-esteem problems of teen girls. Section two provides classroom activities that can assist in promoting positive concepts at the elementary, middle school and high school level. Activities, while focused on aiding girls are structured to include boys also. 37 pages. Softbound.

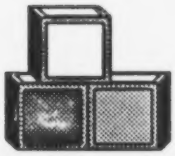
Vernon, A. *Thinking, Feeling, Behaving: An Emotional Education Curriculum for Adolescents.* Champaign, IL: Research Press, 1989.

The ideas and activities in this book are based on the Rational-Emotive Therapy developed by Albert Ellis. This book is designed to be used by teachers and other professionals working in school systems with a broad emotional education curriculum. There are approximately 90 activities in the book which are based on a developmental model. The activities are broken down into the following areas: self-acceptance, feelings, beliefs and behavior, problem solving/decision making and interpersonal relationships.

VIDEOS

Free To Be You and Me (45 minutes). Children's Video Library, P.O. Box 4995, Stamford, CT 06907.

Classic cartoons by Marlo Thomas and friends. Being yourself and accepting yourself.



TEEN PARENT ADVOCACY AND PROGRAM DESIGN

BOOKS AND ARTICLES

The American Public Welfare Association. "Keeping Mothers in School: Making the Best Future for Ourselves and Our Kids — Seven Students Tell Why They Like An Alternative School." *Public Welfare* (1990), pp. 28-38.

Part of a series, this article is an interview conducted by the American Public Welfare Association. Seven students from the Laurence G. Paquin School for Expecting Mothers in Baltimore, Maryland discuss their experiences of being pregnant and parenting teens.

Anastaslow, Nicholas. *The Adolescent Parent.* Baltimore, MD: Paul H. Brookes Publishing Co., 1982.

Card, J.L., ed. *Evaluating Programs Aimed at Preventing Teenage Pregnancies.* Palo Alto, CA: Sociometrics Corporation, 1989.

This manual provides technical standards, methods and instruments designed specifically for evaluating teenage pregnancy prevention programs. The first chapter is reprinted from A Guide to Prevention Programs in Human Services *published by Amherst H. Wilder Foundation and discusses prevention programs in general. The rest of the manual looks especially at teenage pregnancy prevention. Topics examined are the variety of programs that exist, the importance of evaluation, and a model which can be used for evaluation called the Prevention Minimum Evaluation Data Set.*

Chilman, Catherine. *Adolescent Sexuality in a Changing American Society.* New York, NY: John Wiley & Sons, 1983.

This book is written primarily for human service professionals who work with adolescents. It combines research-based knowledge and theory from the behavioral and social sciences with guidelines for direct services and program development.

Cross, Gay. *Active Communities, Healthy Families: A Community Workbook.* Madison, WI: Center for Public Representation.

Part of a Maternal and Child Health project, this book offers information on how to organize local communities to inform the community and strengthen services for health care. Specifics include data collection, planning and hosting community forums, needs identification and building effective coalitions. The material is based on activities in 17 different communities and problems are also identified. While the information relates to maternal and child health, the process can be utilized to activate the community around other issues.

Dryfoos, Joy. *Putting the Boys in the Picture: A Review of Programs to Promote Sexual Responsibility Among Young Males.* Network Publications, 1988.

A study of what is known about the attitudes and life styles of male adolescents in our society and how this impacts on teen pregnancy. Identifies successful program models for this population and strategies for funding and implementing additional program models for males, including male responsibility, bringing males into the family planning format, increased concern about male health care needs and increasing male/female communication.

Earle, J. "Keeping Mothers in School: Counselor/Advocates: Changing the system, A Low Cost Option Solves A Lot of Problems." *Public Welfare* (1990), pp. 16-22.

Part of a series, this article is about a program by the National Association of State Boards of Education aimed at keeping pregnant and parenting teens in school. Through the use of counselors and advocates, this program is based on the idea that fewer of these teens will drop out of school if there is one person who can personally assure that services and support will be there for them. Results of the program are given in terms of the students, the schools, the school districts and communities.

Employment-Focused Programs for Adolescent Mothers. Washington, D.C.: Women's Bureau (DOL) (FGK98761), Superintendent of Documents, U.S. Government Printing Office, 1986.

Furstenberg, Frank. *Unplanned Parenthood.* New York, NY: The Free Press, 1976.

This study draws on a cohort of largely black teen mothers in Baltimore and tracks their lives into their early 20's. The abrupt changes represented by early pregnancy are the focus of the study, and thereafter how the mothers adapted. Contrary to assumptions about early motherhood leading to deprivation, the study finds a wide diversity of life situations five years after the birth of the mothers' first child.

Furstenberg, Frank, J. Brooks-Gunn, and S. Philip Morgan. *Adolescent Mothers in Later Life.* Cambridge University Press, 1987.

Through research studies, this book traces the impact of early childbearing on young mothers and their children. Life histories of more than 300 mothers spanning a 17-year period are traced and discussed. Some unexpected findings emerge about the economic independence that some mothers achieve. Insights into the relationship between mothers' careers and their children's development are also offered.

Healthy Mothers, Healthy Babies: A Compendium of Program Ideas for Serving Low-Income Women. Washington, D.C.: U.S. Government Printing Office, (DHHS Publication No. PHS 86-50209), 1986.

The findings of this report are based on a survey of 1,500 programs focused on mother and infant health issues of disadvantaged families. The programs were grouped into the following categories: pre-pregnancy programs, prenatal services, postnatal programs, comprehensive programs, breast feeding, nutrition, substance use during pregnancy, rural populations, Native Americans and adolescent pregnancy. Also included in the report are a summary of interviews with Afro-American and Mexican American

women and a literature review of health education serving disadvantaged and minority populations.

Lancaster, Jane B., and Beatrix A. Hamburg, eds. *School-Age Pregnancy and Parenthood: Biosocial Dimensions.* Hawthorne, NY: Aldine De Gruyter, 1986.

The contributors to this book write on topics such as the biology of teenage pregnancy, family communication and contraceptive use among sexually active adolescents, school-age parenthood in different ethnic groups, and school-age parents and child abuse. The articles are grouped according to biological development; emotional, cognitive, and sexual development; comparative dimensions; and the modern world.

Lefstein, L. M., and J. Lipsitz. *3:00 to 6:00 PM: Programs For Young Adolescents.* Chapel Hill, NC: University of North Carolina, Center for Early Adolescents, 1986.

As more women are entering the work force, there is a growing concern about what young teenagers are doing during the unsupervised time when their parents are working. This manual provides descriptions of twenty-six different after-school programs for 10 to 15 year-olds. Good programs meet some of the following developmental needs of this age group: diversity, self-exploration and definition, meaningful participation, positive interaction with peers and adults, physical activity, competence and achievement, structure and clear limits.

Levine, C. ed. *Programs to Strengthen Families: A Resource Guide.* Chicago, IL: Author, 1988.

This revised manual provides descriptions about programs in the newly emerging field of family support. Each description contains the program's goals, history, services, staff and other important information. Types of family support programs included in the manual are parent resource and education; community-based; school-based; workplace; child abuse and neglect; advocacy and support; families with special needs; child care and early education; and prenatal, infant and toddler programs.

Lindsay, J. *Pregnancy Too Soon: Adoption is an Option.* Saint Paul, MN: EMC Publishing, 1980.

Lindsay, Jeanne Warren, and Sharon Rodine. *Teen Pregnancy Challenge: Book One: Strategies for Change.* Buena Park, CA: Morning Glory Press, 1989.

This book offers guidelines for developing adolescent pregnancy prevention and care programs. Tips are given for planning a program, designing the content, and choosing a setting. Marketing, funding, and evaluation are also covered. Examples of local programs are included.

Lindsay, Jeanne Warren, and Sharon Rodine. *Teen Pregnancy Challenge: Book Two: Programs for Kids.* Buena Park, CA: Morning Glory Press, 1989.

This book describes programs across the country for helping youth prevent too-early pregnancy. Among the programs described are those for working with sexually active youth, pregnancy alternatives counseling, job training for youth fathers, health services for adolescent mothers, and child care programs.

Mayne, K.G. ed. *Pathways to Adulthood: Creating Successful Programs to Prepare Teens for Independence.* University of Oklahoma: The National Resource Center for Youth Services, 1988.

This book is designed for practitioners working with teens around issues of independent living. Eleven different programs are discussed in the book and they range from congregated apartments for youths to runaway shelters. Information about program philosophy, how the program got started, program components and obstacles are provided for each program by the people involved with the programs.

McAfee, Marion L., and Marjorie R. Geesey. "Meeting the Needs of the Teen-Age Pregnant Student: An In-School Program That Works." *Journal of School Health* 54(9) (October 1984).

McCourtie, C. "Youth At Risk: Growing Up Is Serious Business At Girls Incorporated." *Youth Policy* (1990), pp. 3-6.

This article is about Girls Incorporated, formerly called the Girls Clubs of America. The organization is designed to help girls and young women "achieve their fullest potential." A wide range of services and programs are offered by the organization, focusing on such issues as health and sexuality, careers and life planning, and sports and adventure.

McGee, E.A., and S. Blank. *A Stitch in Time: Helping Young Mothers Complete High School.* Washington, D.C.: The Academy for Educational Development, 1989.

This report was designed to help educators working with pregnant teens address the special educational needs of these women. It also provides an overview of past research studies and literature reviews. Emphasis is placed on providing educators with practical advice on programs for pregnant teenagers, not on pregnancy prevention. The first half of the report discusses the experiences of pregnant and parenting teens in the school system, and the second half provides guidelines for working with these young women within the school system.

Mech, Edmund V. "Pregnant Adolescents: Communicating the Adoption Option." *Child Welfare* 65(6) (November-December 1986).

Moberg, D.P. *Evaluation of Prevention Programs: A Basic Guide for Practitioners.* Madison, WI: Wisconsin Clearinghouse.

This manual provides guidelines for the evaluation process of any type of prevention program. The first two chapters discuss definitions and concepts of prevention and the importance of evaluation. The other four chapters outline the process of evaluation and provide feedback on possible outcomes.

Mobilizing Resources To Better Serve Children At-Risk. Madison, WI: Wisconsin Department of Public Services, 1989.

A series of papers and an Executive Summary on mobilizing state and local resources for more effective programming for at-risk youth. Topics of the papers are: Mobilizing Resources Within the Schools, Mobilizing Local Coalitions, Mobilizing Academic Resources, Mobilizing Parents, Mobilizing the Public, and Mobilizing State-Level Systems.

National Network of Runaway and Youth Services. *Doing What We Do Best: A Guide to Replication of an Independent Living Project.* Washington, D.C.: Final Report No. 90-CY-0316, 1986.

This report describes a project designed by the authors to assist older runaways and homeless youth in adjusting to independent living. This report provides information on characteristics of the target population, the use of volunteers in such projects and what role the community can play in such projects. An evaluation of the project and annotated bibliography are also included with the report.

Nash, Margaret A. *Improving Their Chances: A Handbook for Designing and Implementing Programs for At-Risk Youth.* Madison, WI: Vocational Studies Center, University of Wisconsin-Madison, 1990.

Written for program directors, school boards, at-risk youth coordinators and others who are designing and implementing programs for at-risk youth. The handbook combines an integrated approach to the complicated problems of young people while giving special attention to help them succeed in school. Topics in the guide include an overview of youth at-risk, recommendations for policies and standards, guidelines for at-risk programs, approaches that help at-risk youth, parental involvement and community collaboration projects.

Pupil Nondiscrimination Guidelines: Assessing School District Compliance with S.118.13 of the Wisconsin Statues and PI 9 of the Wisconsin Administrative Code. Madison, WI: Wisconsin Department of Public Instruction, 1989.

This book is designed as a guide to help school districts comply with Wisconsin statue S.118.13. The statute bans the discrimination of students from any type of school activity based upon sex, race, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, emotional, mental, or learning disability. The authors suggest using this guide as an evaluation form or a checklist.

Richards, A., and I. Willis. *Under 18 and Pregnant.* Mount Dora, FL: Kidsrights.

If you, or someone you know, is under 18 and pregnant, this book will tell you a great deal about the facts of sex, birth control and childbirth, and about the options of abortion, adoption, raising the child and getting married. Important information for a young woman who needs to make this difficult decision.

Richart, D.W., and S.R. Bing. *Fairness is a Kid's Game: Children, Public Policy, and Child Advocacy in the States.* Louisville, KY: Kentucky Youth Advocates, 1989.

This book is designed for use by advocates and practitioners at the state level of government. The authors use some informal sources (i.e., speeches, interviews and communications) to report what child advocates throughout the nation are doing. Discussions in this book focus on the following: 1) child advocacy and the government, 2) the theory of child advocacy, 3) strategies, and 4) politics and problems in advocacy.

Roosa, Mark W. "Adolescent Mothers, School Drop-Outs and School-Based Intervention Programs." *Family Relations* 35(2) (April 1986).

Sexuality Education Strategy & Resource Guide. Washington, D.C: Center for Population Options, 1983.

This series grew out of the experiences of 50 model sexuality education programs. The guide is designed specifically for staff of organizations which provide programs for youth to help them develop and implement a sexuality/family planning education program. Booklets in the series are: Programs for Preadolescents, Small Group Workshops, Programs in Religious Settings, Programs for Parents, Peer Education, *and* Programs for Young Men.

Sugar, Max, ed. *Adolescent Parenthood.* Jamaica, NY: Spectrum Publications Inc., 1984.

A book for professionals and social service professionals. Articles by physicians and psychologists deal with the medical problems of pregnant adolescent women as well as the psychological aspects of an adolescent female becoming a mother. The four sections of the book deal with the adolescent and extended family, the infant and its developmental risks, some current programs for adolescent parents and the implications for programs.

Teen Pregnancy: The Challenges We Faced: The Choices We Made. Mount Dora, FL: Kidsrights.

For those teens who need to make hard choices about pregnancy, here are the first person accounts of over a dozen young women. Complete, factual, and filled with their advice, this book serves as a starting point for the difficult decision-making process involved in pregnancy.

"Teen Pregnancy: A National Tragedy." Special insert. *The Wingspread Journal* 9(1). Johnson Foundation, P.O. Box 547, Racine, WI, 53401-0547.

Teen Pregnancy: What is Being Done? A State-By-State Look. A Report of the Select Committee on Children, House of Representatives, Ninety-Ninth Congress, First Session U.S. Congress, House Select Committee on Children, Youth and Families, 1986.

Teenage Pregnancy: The Problem That Won't Go Away. New York, NY: Alan Guttmacher Institute, 1981.

Warner, T.W. "Keeping Mothers in School: What Works? A Number of Programs Exemplify Success." *Public Welfare* (1990), pp. 23-27.

Part of a series, this article looks at some of the programs that have shown success in keeping pregnant and parenting teenagers in school. Characteristics of successful programs include collaborations of several agencies, a systems approach and school-based approaches. Reviews are given for five different programs from around the country.

West, Lynda L. *Effective Strategies for Dropout Prevention of At-Risk Youth.* Gaithersburg, MD: Aspen Publishers, Inc., 1991.

The contributors to this book discuss strategies for helping at-risk youth from a variety of

perspectives: school, vocational, and community. Strategies discussed by the authors include curriculum design, cooperative learning, parent and school cooperation, school at-risk teams and community resources.

CURRICULUM MATERIALS

PPT Express, A Newsletter for Teachers and Others Working with Pregnant and Parenting Teens. Buena Park, CA: Morning Glory Press.

This newsletter, issued four times a year, is designed for teachers and others who work with pregnant and parenting teens. Each issue includes curriculum suggestions, spotlight on Federal activities, conferences, resource reviews, an advice column, and program news.

Sunley, R. *Advocating Today: A Human Service Practitioner's Handbook.* New York, NY: Family Service America, 1983.

This handbook provides practical advice and information for advocates at local, state and federal levels of government. Although designed for a family services advocate, the information in this book can easily be used by all types of advocates. Some areas where specific details and examples are given include planning, intervention and governmental processes.

VIDEOS

Children's Defense Fund Pregnancy Show (7 minutes). Children's Defense Fund, 122 C Street, N.W., Washington, D.C. 20001. (202)628-8787.

Interviews with teenage mothers.

Children's Defense Fund Promotional Reel (7 minutes). Children's Defense Fund, 122 C Street, N.W., Washington, D.C. 20001. (202)628-8787.

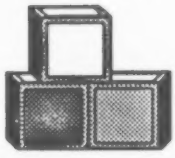
Several PSA's for television and radio that can be customized for your community.

Decisions: Teen, Sex, and Pregnancy (26 minutes). Kidsrights, 3700 Progress Boulevard, Mount Dora, FL 32757. (800)892-KIDS, (904)483-1100.

An honest look at the lives of three girls who have had to deal with the problems facing the pregnant teen. Offers a perspective on the decisions each girl made in determining whether to keep the child and how those decisions have since affected their lives. Also details successful high school clinics in cities such as St. Paul and Chicago. Age 10-18.

Four Pregnant Teenagers: Four Different Decisions (30 minutes). Kidsrights, 3700 Progress Boulevard, Mount Dora, FL 32757. (800)892-KIDS, (904)483-1100.

Four films help teens weigh the different options available to the pregnant teenager: 1) Kim's Baby Was Adopted; *2)* Joanne Kept Her Baby; *3)* Adam and Leslie Got Married; *4)* Amanda Had An Abortion. *Ages 13-18.*



TEEN PARENTING

BOOKS AND ARTICLES

Anastasiow, Nicholas J. *The Adolescent Parent.* Baltimore, MD: Paul H. Brookes Publishing Co., 1982.

Atlas, Stephen L. *Parents Without Partners Sourcebook.* Mount Dora, FL: Kidsrights.

World's largest organization for single parents offers positive, practical solutions to the questions and challenges of single parenting.

Barre, Linda, and Catherine Monserrat. *Teenage Pregnancy: A New Beginning.* Mount Dora, FL: Kidsrights.

Pre-natal health book written especially for pregnant teenagers. Photos and quotes from young people add to book's appeal. Reading level is fifth grade. Spanish edition is also available.

Bavolek, Stephen J., and Juliana Dellinger Bavolek. *Nurturing Book for Babies & Children.* Park Falls, UT: Family Development Resources, 1985.

A memory book and source of activities for babies and toddlers. With this book, parents can record milestones in their child's life, massage their child, and foster their child's learning and motor development through activities and exercises.

Bavolek, Stephen J., and Juliana Dellinger Bavolek. *Nurturing Program For Parents and Young Children (Birth to Five Years Old) Family Resource Handbook.* Park Falls, UT: Family Development Resources, 1985.

This handbook covers the care of a child from feeding and nurturing to fostering self-esteem and problem-solving. The handbook seeks to develop new skills, attitudes, and knowledge.

Bode, Janet. *Kids Having Kids: The Unwed Teenage Parent.* New York, NY: Franklin Watts, 1980.

Addresses the fundamental issues faced by teenagers about pregnancy. The topics covered include the special health risks associated with teenage pregnancy, the alternatives of abortion and adoption, and the special problems of a teenager raising her child alone.

Brenner, Erma. *When Baby Comes Home: Your First Year as a Parent.* West Hayward, CA: Janus Book Publishers, Inc., 1984.

This beautifully illustrated book offers a gentle perspective on how a baby becomes a person and how parents can nurture the baby's growth.

Coll, Cynthia G., Joel Hoffman, and William Oh. "The Social Ecology and Early Parenting of Caucasian Adolescent Mothers." *Child Development* 58(4) (August 1987).

Coordination Development: For Your Child — I Help My Child Learn To Use His/Her Body Well. Minneapolis, MN: Washburn Child Guidance Center, 1990.

Dodson, Fitzhugh. *How To Single Parent.* New York, NY: Harper & Row, Publishers, 1987.

How to tell your child about the death or divorce of a parent, how to cope with separation shock, how to deal with custody and visitation, and guidelines on dating, sex, and marriage are among the topics in this book.

Dryfoos, Joy G. *Putting The Boys In The Picture — A Review of Programs to Promote Sexual Responsibility Among Young Males.* Santa Cruz, CA: Network Publications, 1988.

Ferando, Annette, and David Newbert. *Single Mother's Resource Handbook.* Newton, MA: Women's Education Equity Act Program, 1982.

This guidebook was developed from an assertiveness training program for single mothers and children in the Omaha Head Start and Parent-Child Center programs. The topics in the guidebook include assertiveness, relaxing, parenting, being positive, sexuality, and the law and the single mother.

Food for the Teenager During and After Pregnancy. Washington, D.C.: U.S. Department of Health and Human Services, U.S. Department of Agriculture and the March of Dimes Birth Defects Foundation, DHHS Pub. No. (HRSA) 82-5106. Superintendent of Documents, U.S. Government Printing Office, 1982.

This booklet discusses the importance of good nutrition during pregnancy. Included are presentations of the different food groups and numbers of servings to eat daily as well as lists of foods in each category and sample meal plans. General information about pregnancy and good prenatal care is also provided.

Garfinkel, Irwin, and Sara McLanahan. *Single Mothers and Their Children.* Washington, D.C.: The Urban Institute Press, 1985.

The tension between providing economic security to single parent families and stemming their dependence on government is the focus of this book. This dilemma is presented in the light of the rapid increase of families headed by women in the last 25 years.

Harden, Neva N. *Starting Out...A Job-Finding Handbook for Teen Parents.* Albuquerque, NM: Department of Technological & Occupational Education, College of Educa-

tion, University of New Mexico, 1986.

A practical job-finding guide for teen parents, this book includes topics not found in other job books. As examples, work permits, social security and W-4 forms are covered. The book also addresses basics of budgeting, choosing a first home and day care.

Herz, Elicia J., and Janet S. Reis. "Family Life Education for Young Inner-City Teens: Identifying Needs." *Journal of Youth and Adolescence* 16(4) (August 1987).

Holman, Nicole, and Margaret Arcus. "Helping Adolescent Mothers and Their Children: An Integrated Multi-Agency Approach." *Family Relations* 36(2) (April 1987).

Infant Care: For Your Child — I Help My Baby Learn to Grow in Many Ways. Minneapolis, MN: Washburn Child Guidance Center, 1990.

Ketterling, Marvin. *Successful Single Parenting: A Guide to Building Teamwork and Communication with Your Children.* Madison, WI: Vocational Studies Center, University of Wisconsin-Madison, 1991.

The author emphasizes a team approach to family organization and communication. Other chapters in the handbook deal with setting rules, using conflict situations positively and developing a life of your own as a single parent.

Klinman, Debra G. *The Teen Parent Collaboration: Reaching and Serving the Teenage Father.* New York, NY: Bank Street College of Education, Research Division, 1985.

Language Development: For Your Child — I Help My Child Learn To Listen & Talk Well. Minneapolis, MN: Washburn Child Guidance Center, 1990.

Lindsay, Jeanne Warren. *Do I Have A Daddy?* Buena Park, CA: Morning Glory Press, 1982.

A story about a single-parent child which can be read to a child. A special section for single mothers and fathers at the back of the book gives advice on explaining the absence of the other parent to a child.

Lindsay, Jeanne Warren. *Pregnant Too Soon: Adoption is an Option.* Buena Park, CA: Morning Glory Press, 1980.

From the stories of teen mothers who did and did not relinquish their babies for adoption, the author sets forth the issues and concerns so that pregnant teens can make a choice.

Lindsay, Jeanne Warren. *Teenage Marriage: Coping with Reality.* Buena Park, CA: Morning Glory Press, 1988.

From the accounts of teenagers, this book provides a view of the realities of early marriage. Ideas on making a relationship work in spite of lack of money and other difficulties are offered.

Lindsay, Jeanne Warren. *Teens Look At Marriage: Rainbows, Roles and Reality.* Buena Park, CA: Morning Glory Press, 1985.

Explores the attitudes toward marriage of more than 3000 teenagers. The realities of these couples' lives compared to cultural expectations about marriage are discussed.

Lindsay, Jeanne Warren. *Teens Parenting: The Challenge of Babies and Toddlers.* Buena Park, CA: Morning Glory Press, 1981.

Drawing on a survey and interviews with more than 60 adolescent mothers, this book offers child-rearing advice. Concerns and questions about a child's development from birth to 2 years old are presented. The experiences and views of the mothers are presented as well.

Ogg, Elizabeth. *One-parent Families.* New York, NY: Public Affairs Committee, 1976. Public Affairs Pamphlet No. 543.

Written for the single parent who through divorce, widowhood, single parent adoption or unwed parenthood is raising their offspring on their own. The pamphlet mentions some of the problems for single parents, offers some suggestions and lists resources for additional help.

Ogg, Elizabeth. *Unmarried Teenagers and their Children.* New York, NY: Public Affairs Committee, 1976. Public Affairs Pamphlet No. 537.

This pamphlet explores the growing problem of teenage pregnancy, reviews reform efforts and programs and offers advice for more comprehensive efforts against the problem.

Plain Talk About Child Discipline. Madison, WI: Wisconsin Department of Health and Social Services, Division of Community Services.

Plain Talk About How Children Grow. Madison, WI: Wisconsin Department of Health and Social Services, Division of Community Services.

Plain Talk About How To Be A Perfect Parent. Madison, WI: Wisconsin Department of Health and Social Services, Division of Community Services.

Plain Talk About How To Deal With An Angry Child. Madison, WI: Wisconsin Department of Health and Social Services, Division of Community Services.

Poe, Elizabeth Ann. *Reader-Responses of Pregnant Adolescents and Teenage Mothers to Young Adult Novels Portraying Protagonists with Problems Similar and Dissimilar to the Readers.* University of Colorado (ED 284 210), 1984.

Poole, Carol. "Adolescent Pregnancy and Unfinished Developmental Tasks of Childhood." *Journal of School Health* 57(7) (September 1987).

Robinson, Bryan E. "Teenage Pregnancy from the Father's Perspective." *American Journal of Orthopsychiatry* 58(1) (January 1988).

Rodgers, Joanne, and Michael Cataldo. *Raising Sons: Practical Strategies for Single Mothers.* Mount Dora, FL: Kidsrights.

A mother and a behavioral scientist team up to offer a flexible method for raising a boy without a father. Candid interviews with mothers and sons show how to recognize clues to underlying problems and how to negotiate real changes in behavior.

Roles B, P. *Facing Teenage Pregnancy: A Handbook For The Pregnant Teen.* Washington, D.C.: Child Welfare League of America, 1990.

This book is written for the pregnant teenager. Based upon the idea that teenage pregnancy will always happen, the book is designed to be an aid for pregnant teenagers to help them cope with the pregnancy. The author emphasizes dealing directly with the pregnancy rather then pretending it does not exist. Topics discussed include how to tell others, how to look after yourself as a pregnant teenager, alternatives and options, and what to expect after the delivery.

Schnell, B.T. *The Teenage Parent's Child Support Guide.* Yorklyn, DE: The Advocacy Center for Child Support, 1988.

This book provides practical advice and information for teenage mothers and fathers as they make decisions that will effect themselves and their children. The author emphasizes that parents should not dwell on past mistakes and that with a good support network decisions can be made before they become a crisis. Topics as they relate to teenage pregnancy include resources for teenage parents, welfare, laws, the court system and education.

School-Age Parents: The Challenge of Three Generation Living. Buena Park, CA: Morning Glory Press, Inc., 1990.

Self Esteem: For Your Child — I Help My Child Learn To Feel Good. Minneapolis, MN: Washburn Child Guidance Center, 1990.

Silber, Kathleen, and Phyllis Speedlin. *Dear Birthmother: Thank You for Our Baby.* San Antonio, TX: Corona Publishing Co., 1982.

Single Parenting. Mount Dora, FL: Kidsrights.

Forty percent of all the children born in this decade will spend some time in a single parent home. This publication is intended to help the single parent learn how to deal with the unique challenges of single parenting. Topics covered include single parent discipline, financial problems and family crises. Sources for additional support, training and guidance also are offered.

Smollar, Jacqueline, and Theodora Ooms. *Young Unwed Fathers: Research Review, Policy Dilemmas and Options, Summary Report.* Rockville, MD: Shared Resource Center, 1988.

Stengel, Richard. "Children Having Children." *Time Magazine* 9 December 1985.

Stevens-Simon, Catherine, Julie Parsons, and Cindy Montgomery. "What is the Relationship Between Postpartum Withdrawal From School and Repeat Pregnancy Among Adolescent Mothers?" *Journal of Adolescent Health Care* 7(3) (May 1986).

Sugar, Max. *Adolescent Parenthood.* Jamaica, NY: Spectrum Publications, Inc., 1984.

"Boys Who Make Babies" and "The Role of Ethnic Factors in Adolescent Pregnancy and Motherhood" are among the chapters in this book. Other contributors addressed infant developmental risks, programs for adolescent parenthood and the implications of such programs.

Taborn, J.M., and S. F. Battle. *Black Adolescent Parenthood: A Manual for Human Service Practitioners.* Minneapolis, MN: Control Data Corporation, 1984.

This manual was developed by the Survival Skills Institute, a non-profit agency focusing on the needs of underserved populations, particularly the needs of the Afro-American family. Teenage parenthood is the specific topic of this manual. A general overview is given of such issues as infant mortality, child abuse, black teenage female and male relationships, birth control, abortion and adoption. A description and an evaluation of the Institute's Adolescent Parent Program is also included.

Teenage Marriage: Coping with Reality. Buena Park, CA: Morning Glory Press, Inc., 1988.

Teens Look At Marriage. Buena Park, CA: Morning Glory Press, 1985.

Westney, Ouida E., O. Jackson Cole, and Theodosia L. Munford. "Adolescent Unwed Prospective Fathers: Readiness for Fatherhood and Behaviors Toward the Mother and the Expected Infant." *Adolescence* 21(84) (Winter 1986).

Wilson, Julie Boatright. *Teen Age Parenting: The Long Term Effects for Mothers and Children.* New York, NY: Ford Foundation, Research Report R86-1, 1986.

CURRICULUM MATERIALS

Adolescent Parenthood. New York, NY: Women and Foundations/Corporate Philanthropy.

Bavolek, Stephen J., and Juliana Dellinger-Bavolek. *Nurturing Program For Teenage Parents and Their Families.* Park City, UT: Family Development Resources, Inc., 1988.

A practical, supportive curriculum for young parents, which is organized into 20 group sessions, each lasting 2 1/2 hours. Each session interweaves discussions of parenting issues with family nurturing activities. Among the discussion topics are recognizing and understanding feelings, self-esteem, disciplining, handling stress and anger, child-proofing a home, and stimulating and communicating with the child. The curriculum

includes an activities manual and a parent handbook which includes home-based exercises.

Family Times. Madison, WI: Wisconsin Clearinghouse, University of Wisconsin-Madison, Dean of Students Office, 1987.

For Your Child... Minneapolis, MN: Washburn Child Guidance Center, 1990.

Folders on a variety of topics, each with activity sheets. Folder topics include self esteem, language development, coordination development, and infant care.

Parenting Three to Six: Student Manual. St. Paul, MN: EMC Publishing, 1987.

The curriculum focuses on children's growth from the ages of 3 to 6 and how to help children learn and grow. Participants' needs and their growth as adults also are addressed. Microcomputer lessons and a videotape are available with the text of the Student Manual.

Schultz, Jerelyn B. *The Decision to Parent: A Teaching Guide.* Ames, IA: Iowa State University Press, 1980.

A curriculum guide for teachers and counselors of teenagers. Includes exercises for effective parenting skills and for decisions about assuming parenthood.

Young Parent, Young Child: A Guide for Teenaged Parents, Student Manual. St. Paul, MN: EMC Publishing, 1987.

The first module addresses the feelings and issues associated with being a teenage parent. The rest of the modules focus on the growth of the baby from birth to 36 months and on goals for the family's future. Microcomputer lessons and a videotape accompany the Student Manual.

VIDEOS

And Baby Makes Two (30 minutes). NEWIST/CESA #7, IS 1110, Green Bay, WI 54301. (414)465-2599.

A locally produced film which explores the opportunities that are offered to teen mothers by school districts.

Bavolek, Stephen J. *Corporal Punishment: What To Do Instead.* Park City, UT: Family Development Resources, Inc., 1990.

This video teaches alternatives to hitting a child. Four parent-child situations are presented followed by alternative strategies and techniques for each. The Leader's Guide which accompanies the video discusses why hitting has been used as a child rearing practice and the detrimental impact it has on a child's growth. Supplementary books and programs for parents are also listed.

Creative Parenting: The First 12 Months (60 minutes). QUEUE, INC., 562 Boston Avenue, Bridgeport, CT 06610. (203)335-0908, (800)232-2224.

This entertaining program guides young parents through that crucial first year. Designed to help parents get to know their newborn and to trust their own instincts in everyday child care.

Downer, Ann, M.S. *You're In The Picture - Stories of Teen Dads.* Seattle, WA: Intermedia.

His Baby Too: Problems of Teenage Pregnancy (24 minutes). Kidsrights, 3700 Progress Boulevard, Mount Dora, FL 32757. (800)892-KIDS, (904)483-1100.

Focuses on the often-ignored rights and responsibilities of the young father-to-be as well as his legal and moral obligations. Stresses the need for the teen couple to assess the dimensions of their problem through open and honest discussion. Probes the question of abortion and the effects on the unwed father; also looks at the rights of fathers regarding adoption, marriage, child support, and visitation. Age 12-18.

Life with Baby: How do the Parents Feel? (27 minutes). Kidsrights, 3700 Progress Boulevard, Mount Dora, FL 32757. (800)892-KIDS, (904)483-1100.

Every year children are neglected and abused by parents who are overwhelmed and feel that they can't do a good job. New parents often need help in identifying their own strengths and resources to cope with their problems. The treatment of teenage pregnancy, loneliness, and the effect of a new baby on the parents' relationship are clear and compassionate. Useful for stimulating discussions about pertinent issues such as single parenthood; financial constraints on young parents; and balancing career, family life, and personal relationships. For parenting classes. Adults.

Programs for Teen Parents: Names Can Hurt Forever. Educational TV (PBS).

Programs for Teen Parents: As We Learn to Fall. Educational TV (PBS).

Teen Mom: A New Beginning (43 minutes). Minneapolis, MN: Changing Times Ed. Service, EMC Corporation, 1988.

Presents a positive look at how teen mothers successfully raise their children while devoting attention to their future as well. The guide with the video provides the script and teaching guidelines.

Teen Parents: Making it Work (17 minutes). Vocational Studies Center, University of Wisconsin, Madison, 1025 West Johnson Street, Madison, WI 53706. (608)263-3152.

A teenage mother is followed through a day and issues are raised concerning her and her child's needs. Provides solutions teen mothers have found successful.

Words To Grow By (31 minutes). Belleville School District, Department of Pupil Services, Box 250, Belleville, WI 53508. (608)424-3315.

Focusing on speech and language development, this video contains 5 segments for age

groups ranging from birth to 36 months. Each segment features actual parent-child interactions during play and daily routines.

You're in the Picture: Stories of Teen Dads. Seattle, WA: Intermedia. 1-800-553-8336.

Two learning activities can be ordered with the film.